

# Preparing for Pregnancy Challenge

## ENVIRONMENTAL

Minimize exposure to environmental toxins and teratogens.

- Buy organic produce when possible
- Consume meats and poultry products without additives or hormones and fish without mercury
- Do not heat or store food in plastic containers or plastic wrap
- Drink from metal, glass or ceramic containers
- Avoid phthalates and heavy metals in your personal care products



## LIFESTYLE

Lead a healthy overall lifestyle that enhances fertility and health.

- Avoid tobacco and marijuana
- Minimize caffeine and alcohol
- Avoid all recreational drugs
- Maintain a healthy level of physical activity
- Establish good sleep habits
- Manage your stress levels



## MEDICAL

Work with your healthcare team to manage your health and medical conditions.

- Discuss the timing of future pregnancies
- Ensure proper management of chronic medical conditions
- Check that medications and supplements are safe when conceiving or in early pregnancy
- Obtain medical screening and genetic carrier testing
- Ensure that your immunizations are current and up to date



## NUTRITION

Consume healthy foods and beverages and take supplements that support fertility.

- Eat nutrient rich foods: fruits, vegetables, whole grains, and lean protein
- Minimize sugar, refined grains, and trans fats
- Eat healthy snacks, manage portion sizes, achieve a healthy weight, and do not skip meals
- Stay hydrated with plenty of water and avoid sugar-sweetened beverages
- Supplement with folic acid 1-3 months before attempting pregnancy

# Preparing for Pregnancy Challenge



One of the most important decisions we can make as potential parents is to prepare for pregnancy. Planning ahead allows us to be proactive instead of reactive, gives us a better start for a healthy pregnancy, and provides us with the tools for a healthy life. Adopting lifestyle changes together will improve our well-being and provide one another with mutual support and encouragement.

## Making the Pledge

We pledge to prepare for all future pregnancies by evaluating our lifestyle, nutritional status, current health and chronic medical conditions, and environmental exposures. If single, this pledge is made by the person choosing to become a parent, whether a woman or man, through pregnancy or through a surrogate.

## How the Challenge Works:

Each person of the partnership takes the challenge and jots down items in the 4 areas of pregnancy preparation that you are willing to learn about, take action on, and incorporate into daily living. Prioritize the most important changes first by circling 4 items. Repeat the challenge each month and add on 4 additional items to integrate while maintaining the first 4. Continue layering on additional items each month until you are ready to conceive or have conceived. Maintain these health promoting habits moving forward.



**Lifestyle**



**Nutrition**



**Medical**



**Environmental**

- |          |          |          |          |
|----------|----------|----------|----------|
| 1. _____ | 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | 3. _____ | 3. _____ |
| 4. _____ | 4. _____ | 4. _____ | 4. _____ |
| 5. _____ | 5. _____ | 5. _____ | 5. _____ |

## Record your Preparing for Pregnancy Challenge activities:

Use a **check mark in the color-coded boxes** to record the days that you incorporated healthy  Lifestyle,  Nutrition,  Medical, and  Environmental practices to help you prepare for pregnancy.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>