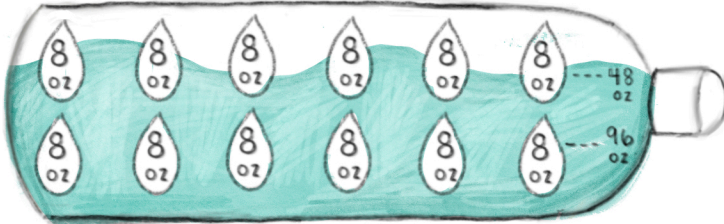


WHAT YOU CAN CONTROL when FEELING OUT of CONTROL ABOUT YOUR FERTILITY

DATE: _____ S M T W T F S

WATER INTAKE:



MEAL TRACKER:

- ☐ BREAKFAST
- ☐ LUNCH
- ☐ DINNER



STRESS: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

ENERGY: [1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

HOW MANY HOURS DID I SLEEP?

[1] [2] [3] [4] [5] [6] [7] [8] [9] [10]

TODAY'S PRIORITIES:

- 1.
- 2.
- 3.

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I TAKE CARE OF MYSELF BY:



I WILL MOVE MY BODY TODAY BY:



WHEN I FEEL STRESSED I WILL:



THIS CAN WAIT:

WHO CAN I CONNECT WITH THAT REALLY UNDERSTANDS WHAT I'M GOING THROUGH?

NOTES:

wholeheartmaternalmentalhealth.com (215) 840-3554

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