



Welcome

Having been through IVF myself, I understand how overwhelming the process can feel. This journal is designed not only to help you track vital information throughout your journey but also to provide a supportive space for nurturing your emotional well-being.

My hope is that this creative tool will serve as a complete resource, empowering you to document your journey while also prioritising your overall wellness.

With Love,

Ellen Coleman

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TO DO LIST



I trust my body's natural ability to conceive.

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HIGHLIGHT OF THE MONTH

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EMOTIONAL WELL-BEING

How did you feel overall this month? Circle your primary emotions:

GRATEFUL

HOPEFUL

ANXIOUS

OVERWHELMED

EXCITED

DETERMINED

OTHER:

Reflect on these emotions:

I AM GRATEFUL FOR

1.

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SUPPORT SYSTEM

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HEALTHY HABITS



TO DO LIST



I am releasing all stress and anxiety related to fertility.

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EMOTIONAL WELL-BEING

How did you feel overall this month? Circle your primary emotions:

GRATEFUL

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OTHER:

Reflect on these emotions:

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HEALTHY HABITS



TO DO LIST



I am attracting positive energy and abundance into my life.



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TO DO LIST

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I am grateful for my body and all it does for me.

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HEALTHY HABITS



TO DO LIST



I am worthy of experiencing the joy of parenthood.

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MEAL PLAN

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WEEK OF:

MONDAY

WHAT BROUGHT ME JOY THIS WEEK?

TUESDAY

MINDFULNESS FOCUS FOR THIS WEEK

WEDNESDAY

GRATITUDE THIS WEEK

THURSDAY

FRIDAY

SELF-CARE

SATURDAY

NEXT WEEK

SUNDAY

Pause, take a breath, and find your calm



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Weekly plan

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WEEK OF:

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WHAT BROUGHT ME JOY THIS WEEK?

TUESDAY

MINDFULNESS FOCUS FOR THIS WEEK

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SELF-CARE

SATURDAY

NEXT WEEK

SUNDAY

Pause, take a breath, and find your calm



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Meal Plan

BACK TO WEEKLY

	BREAKFAST	LUNCH	DINNER	SNACKS
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Meal Plan

BACK TO WEEKLY

	BREAKFAST	LUNCH	DINNER	SNACKS
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Meal Plan

BACK TO WEEKLY

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Meal Plan

BACK TO WEEKLY

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Meal Plan

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BREAKFAST

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Reflection

GLANCE

REFLECTION

MONTH OF:

HIGHLIGHT OF THE MONTH

CHALLENGES FACED

EMOTIONAL WELL-BEING

How did you feel overall this month? Circle your primary emotions:

GRATEFUL

HOPEFUL

ANXIOUS

OVERWHELMED

EXCITED

DETERMINED

OTHER:

Reflect on these emotions:

I AM GRATEFUL FOR

1.

2.

3.

SUPPORT SYSTEM

NUTRITION



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June

GLANCE REFLECTION

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 TEMPERATURE (°C/°F)  DAY OF CYCLE  SYMPTOMS

HEALTHY HABITS

TO DO LIST

I am releasing any negative beliefs about my fertility.



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WEEK OF:

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Meal Plan

BACK TO WEEKLY

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Meal Plan

BACK TO WEEKLY

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Meal Plan

BACK TO WEEKLY

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BACK TO WEEKLY

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Meal Plan

BACK TO WEEKLY

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Reflection

GLANCE

REFLECTION

MONTH OF:

HIGHLIGHT OF THE MONTH

CHALLENGES FACED

EMOTIONAL WELL-BEING

How did you feel overall this month? Circle your primary emotions:

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OTHER:

Reflect on these emotions:

I AM GRATEFUL FOR

1.

2.

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SUPPORT SYSTEM

NUTRITION



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GLANCE REFLECTION

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 TEMPERATURE (°C/°F)  DAY OF CYCLE  SYMPTOMS

HEALTHY HABITS

TO DO LIST

I am creating a positive and supportive environment for conception.

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- JUN
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Weekly plan

MEAL PLAN



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WEEK OF:

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WHAT BROUGHT ME JOY THIS WEEK?

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SELF-CARE

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NEXT WEEK

SUNDAY

Pause, take a breath, and find your calm



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SELF-CARE

SATURDAY

NEXT WEEK

SUNDAY

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Meal Plan

BACK TO WEEKLY

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Meal Plan

BACK TO WEEKLY

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Meal Plan

BACK TO WEEKLY

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Meal Plan

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Reflection

GLANCE

REFLECTION

MONTH OF:

HIGHLIGHT OF THE MONTH

CHALLENGES FACED

EMOTIONAL WELL-BEING

How did you feel overall this month? Circle your primary emotions:

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OTHER:

Reflect on these emotions:

I AM GRATEFUL FOR

1.

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SUPPORT SYSTEM

NUTRITION



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 TEMPERATURE (°C/°F)

 DAY OF CYCLE

 SYMPTOMS

HEALTHY HABITS



TO DO LIST



My mind and body are aligned, working together to create life.



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Weekly plan

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WEEK OF:

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WHAT BROUGHT ME JOY THIS WEEK?

TUESDAY

MINDFULNESS FOCUS FOR THIS WEEK

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SATURDAY

NEXT WEEK

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Pause, take a breath, and find your calm



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WEEK OF:

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Meal Plan

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BACK TO WEEKLY

	BREAKFAST	LUNCH	DINNER	SNACKS
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GLANCE

REFLECTION

MONTH OF:

HIGHLIGHT OF THE MONTH

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EMOTIONAL WELL-BEING

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Reflect on these emotions:

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1.

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SUPPORT SYSTEM

NUTRITION



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GLANCE REFLECTION

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 TEMPERATURE (°C/°F)  DAY OF CYCLE  SYMPTOMS

HEALTHY HABITS



TO DO LIST



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I am releasing any feelings of doubt or fear.

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Meal Plan

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Meal Plan

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Reflection

GLANCE

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CHALLENGES FACED

EMOTIONAL WELL-BEING

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OTHER:

Reflect on these emotions:

I AM GRATEFUL FOR

1.

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SUPPORT SYSTEM

NUTRITION



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GLANCE REFLECTION

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 TEMPERATURE (°C/°F)  DAY OF CYCLE  SYMPTOMS

HEALTHY HABITS

TO DO LIST

I am attracting a healthy and happy baby into my life.

Weekly plan

MEAL PLAN



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WEEK OF:

MONDAY

WHAT BROUGHT ME JOY THIS WEEK?

TUESDAY

MINDFULNESS FOCUS FOR THIS WEEK

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GRATITUDE THIS WEEK

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Weekly plan

MEAL PLAN

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WEEK OF:

MONDAY

WHAT BROUGHT ME JOY THIS WEEK?

TUESDAY

MINDFULNESS FOCUS FOR THIS WEEK

WEDNESDAY

GRATITUDE THIS WEEK

THURSDAY

FRIDAY

SELF-CARE

SATURDAY

NEXT WEEK

SUNDAY

Pause, take a breath, and find your calm



JAN

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Weekly plan

MEAL PLAN

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WEEK OF:

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Weekly plan

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Meal Plan

BACK TO WEEKLY

	BREAKFAST	LUNCH	DINNER	SNACKS
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Meal Plan

BACK TO WEEKLY

	BREAKFAST	LUNCH	DINNER	SNACKS
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Meal Plan

BACK TO WEEKLY

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BACK TO WEEKLY

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BACK TO WEEKLY

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Reflection

GLANCE

REFLECTION

MONTH OF:

HIGHLIGHT OF THE MONTH

CHALLENGES FACED

EMOTIONAL WELL-BEING

How did you feel overall this month? Circle your primary emotions:

GRATEFUL

HOPEFUL

ANXIOUS

OVERWHELMED

EXCITED

DETERMINED

OTHER:

Reflect on these emotions:

I AM GRATEFUL FOR

1.

2.

3.

SUPPORT SYSTEM

NUTRITION



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November

GLANCE REFLECTION

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WK 4	 	 	 	 	 	 	 
							
							
WK 5	 	 	 	 	 	 	 
							
							

 TEMPERATURE (°C/°F)  DAY OF CYCLE  SYMPTOMS

HEALTHY HABITS



TO DO LIST



I am embracing the journey of parenthood with open arms.

Weekly plan

MEAL PLAN



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December

GLANCE REFLECTION

	MON	TUE	WED	THU	FRI	SAT	SUN
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WK 4	 	 	 	 	 	 	 
							
							
WK 5	 	 	 	 	 	 	 
							
							

 TEMPERATURE (°C/°F)  DAY OF CYCLE  SYMPTOMS

HEALTHY HABITS



TO DO LIST



I am taking care of my physical, mental, and emotional well-being.

Weekly plan

MEAL PLAN



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WEEK OF:

MONDAY

WHAT BROUGHT ME JOY THIS WEEK?

TUESDAY

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Meal Plan

BACK TO WEEKLY

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Meal Plan

BACK TO WEEKLY

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Reflection

GLANCE

REFLECTION

MONTH OF:

HIGHLIGHT OF THE MONTH

CHALLENGES FACED

EMOTIONAL WELL-BEING

How did you feel overall this month? Circle your primary emotions:

GRATEFUL

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OVERWHELMED

EXCITED

DETERMINED

OTHER:

Reflect on these emotions:

I AM GRATEFUL FOR

1.

2.

3.

SUPPORT SYSTEM

NUTRITION



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Initial consultation

DATE:

TIME:

LOCATION:

QUESTIONS TO ASK

ANSWERS TO QUESTIONS

APPOINTMENT NOTES



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Appointments

DATE:

TIME:

LOCATION:

APPOINTMENT INFO

QUESTIONS TO ASK

APPOINTMENT NOTES



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Egg retrieval + Embryo Log

RETRIEVAL DATE:

TIME:

# OF EGGS	# OF MATURE EGGS	# OF EGGS FERTILISED

STARTING QUANTITY:

BLASTOCYSTS	FROZEN	PGT NORMAL	PGT ABNORMAL

EMBRYO #	SEX	GRADE



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Medication log

TRANSFER NO.

[illegible]

SYMPTOMS

DAY 1 DAY 2 DAY 3

DAY 4 DAY 5 DAY 6

DAY 7

Financial goals

MONTH	GOAL	EXPECTED	ACTUAL
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Fertility Aboard

DESTINATION:

DATES:

Flights:

Accommodation:

Airline:

Hotel / Apartment Name:

Flight Number:

Address:

Departure/Arrival Times:

Contact Number:

BUDGET OVERVIEW

PACKING LIST

Category

Cost

Flights

Stay

Treatment

Medications

Daily Expenses

Transport

Documents / visas

TOTAL:

Category

✓

Documents / Visa

Medical Records

Medications

Clothing

Toiletries

Snacks

Chargers

Misc..

NOTES



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Post-Treatment Care

CHECKLIST

TASK	FREQUENCY	NOTES/REMINDERS	✓

SYMPTOM TRACKER

DATE	PAIN LEVEL (1-10)	ENERGY LEVEL (1-10)	ANY CONCERNS?

Breathwork Techniques

FOR RELAXATION & STRESS RELIEF

Breathing techniques can enhance fertility by reducing stress, improving blood flow, and balancing hormones. Deep, mindful breathing lowers cortisol levels, calming the nervous system.

Increased oxygen circulation nourishes reproductive organs, supporting optimal function. Practicing slow, diaphragmatic breaths promotes relaxation, aligning mind and body for improved fertility and overall wellness.

THE BEST TIMES TO PRACTICE BREATHING FOR FERTILITY INCLUDE:

- **Morning:** Start your day with calm, deep breathing to set a relaxed tone.
 - **Before Bed:** Helps lower stress and improve sleep quality, supporting hormone balance.
 - **During Stressful Moments:** Pause and breathe to calm cortisol spikes.
 - **Before/After Meditation or Yoga:** Enhances relaxation and mind-body connection.
 - **Throughout the Day:** Incorporate short breathing breaks to stay centered and reduce tension. Consistency is key for results, so aim for a few minutes daily.
-

BOX BREATHING

- Inhale for 4 seconds
 - Hold your breath for 4 seconds
 - Exhale slowly for 4 seconds
 - Hold again for 4 seconds
 - Repeat 4-5 cycles to feel calmer and centered.
-

Stress management Techniques

TECHNIQUE	Description
Deep Breathing	Practice slow, deep breaths to calm your nervous system. Inhale for 4 seconds, hold for 4, exhale for 4.
Acupuncture	Acupuncture supports fertility by improving blood flow, balancing hormones, reducing stress, and enhancing reproductive organ function, promoting a healthier conception environment.
Mindfulness Meditation	Focus on your breathing and the present moment to clear your mind of stressors.
Physical Activity	Engage in regular exercise (walking, yoga, stretching) to release endorphins.
Journaling	Write about your thoughts and feelings to process and release stress.
Time Management	Break tasks into smaller steps and prioritise daily activities.
Positive Affirmations	Repeat uplifting statements like, "I am calm, I am capable, I am strong."
Connect with Nature	Spend time outdoors to relax your mind and reduce stress naturally.



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Sleep management

WEEK OF:

BENEFIT	Impact on Body	Hormones Involved
Restores Energy	Repairs muscles and tissues	Growth Hormone (GH)
Reduces Stress	Lowers physical and emotional tension	Cortisol (stress hormone)
Regulates Appetite	Balances hunger and satiety	Leptin & Ghrelin
Boosts Immunity	Strengthens immune responses	Cytokines
Improves Mood	Enhances emotional stability	Serotonin & Melatonin
Supports Reproductive Health	Regulates menstrual and fertility cycles	Estrogen, Progesterone, Testosterone
Enhances Brain Function	Improves focus, memory, and clarity	Brain-Derived Neurotrophic Factor

Day	Bedtime	Wake Time	Total Hours Slept	Sleep Quality (1-5)
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

Transfer Reflections

REFLECTION ON MY JOURNEY

What challenges did I overcome?

What am I most proud of during this time?

What did I learn about myself?

GRATITUDE NOTES

I'm thankful for:

How did this support help me?

LOOKING FORWARD

My hopes and dreams for the future:

What will I carry forward from this journey?

A MESSAGE TO MYSELF



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Writing your thoughts
and feelings creates space
for healing and growth.
Let this journal hold what
your heart needs to release



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