

YOUR 30-DAY FERTILITY SUPPORT GUIDE



A calm, supportive approach to boosting your well-being
Nourish your body today for the miracle you're preparing for tomorrow

Medically approved by **Dr. Shobha Gupta, Medical Director, Mother's Lap
IVF Centre, New Delhi**

WHY 30 DAYS MATTER

Your fertility reflects your overall wellness. In just 30 days, small daily changes in food, sleep, and stress can improve your body's readiness for conception.



Prega

Pregatips.com

YOUR FERTILITY WELLNESS PILLARS



tips

- **Nutrition**
Eat to nourish hormones and egg/sperm health
- **Movement**
Gentle exercise to boost blood flow and reduce stress
- **Sleep**
7–8 hours to balance reproductive hormones
- **Mindset**
Calm mind = calmer hormones

P

EAT SMART FOR FERTILITY

Simple swaps and wise choices to nourish your reproductive health.

Foods to Add

Leafy greens & vegetables

Antioxidant-rich fruits

Healthy fats

Whole grains

Lean proteins

Hydrating drinks

Foods to Limit

Packaged & processed foods

Sugary drinks & sweets

Fried foods & trans fats

Excess caffeine

Processed meats

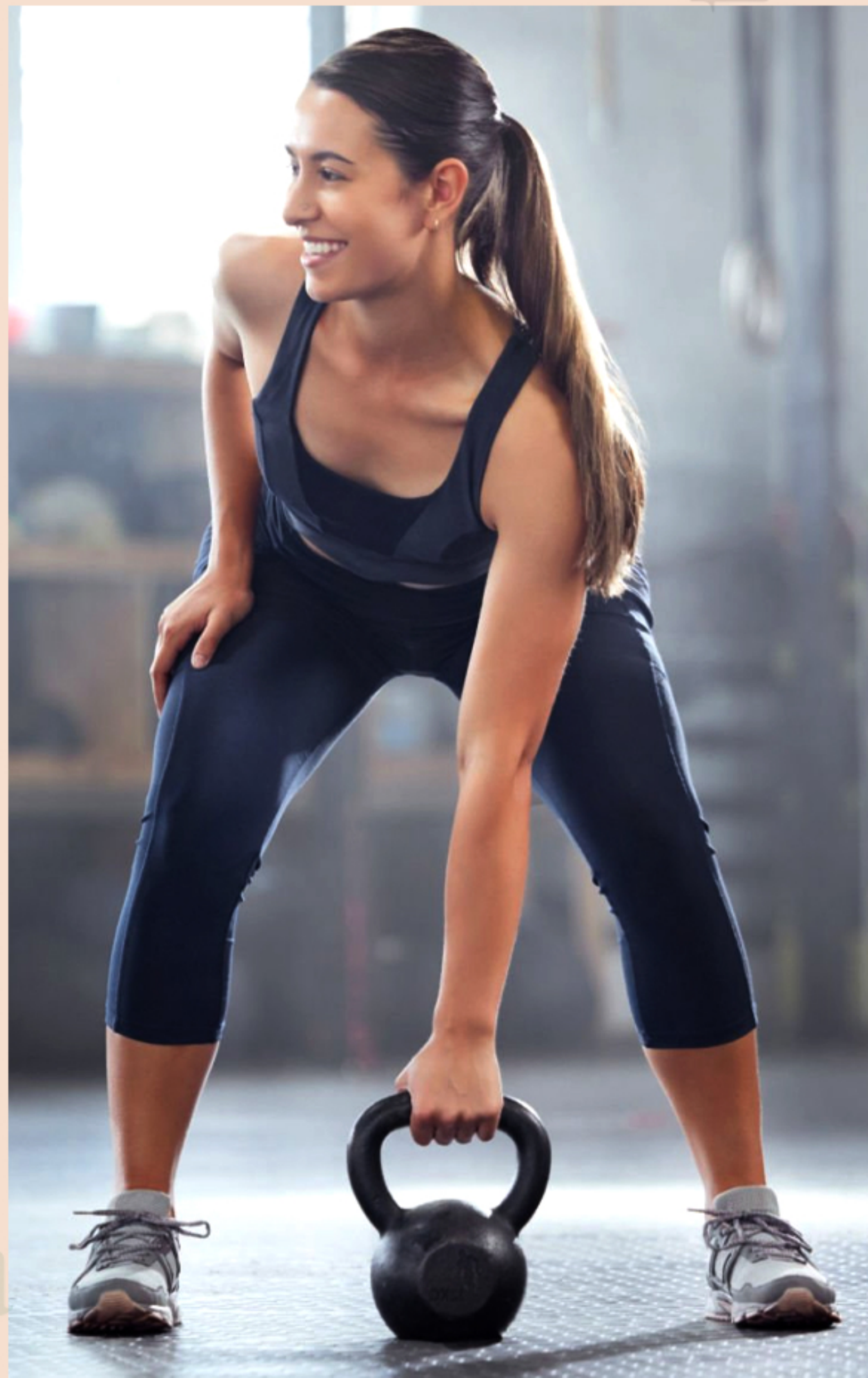
Alcohol & smoking



DAILY WELLNESS HABITS

tips

- Wake up and hydrate
- Eat breakfast within 1 hour
- Move your body for 30 mins
- Practice deep breathing for 5 mins
- Sleep by 10 PM
- Express gratitude



Prega

STRESS-BUSTING PRACTICES



- **4-7-8 Breathing for Instant Calm**
A quick way to steady your breath and calm your mind anytime, anywhere.
- **Journaling 3 Things You're Grateful For**
Helps shift focus from worry to positivity and hope.
- **20-Minute Walks in Nature**
Fresh air and movement instantly lift your mood and lower stress.
- **Couple Activities**
Strengthen your bond and share light moments together.
- **Screen-Free Evenings, Twice a Week**
Give your mind a break from notifications and sleep better.

FERTILITY-FRIENDLY EXERCISE PLAN

Monday

30 min walk

Tuesday

Yoga or stretching

Wednesday

Strength with bodyweight

Thursday

Rest

Friday

Dance or swimming

Saturday

Light cardio

Sunday

Meditation

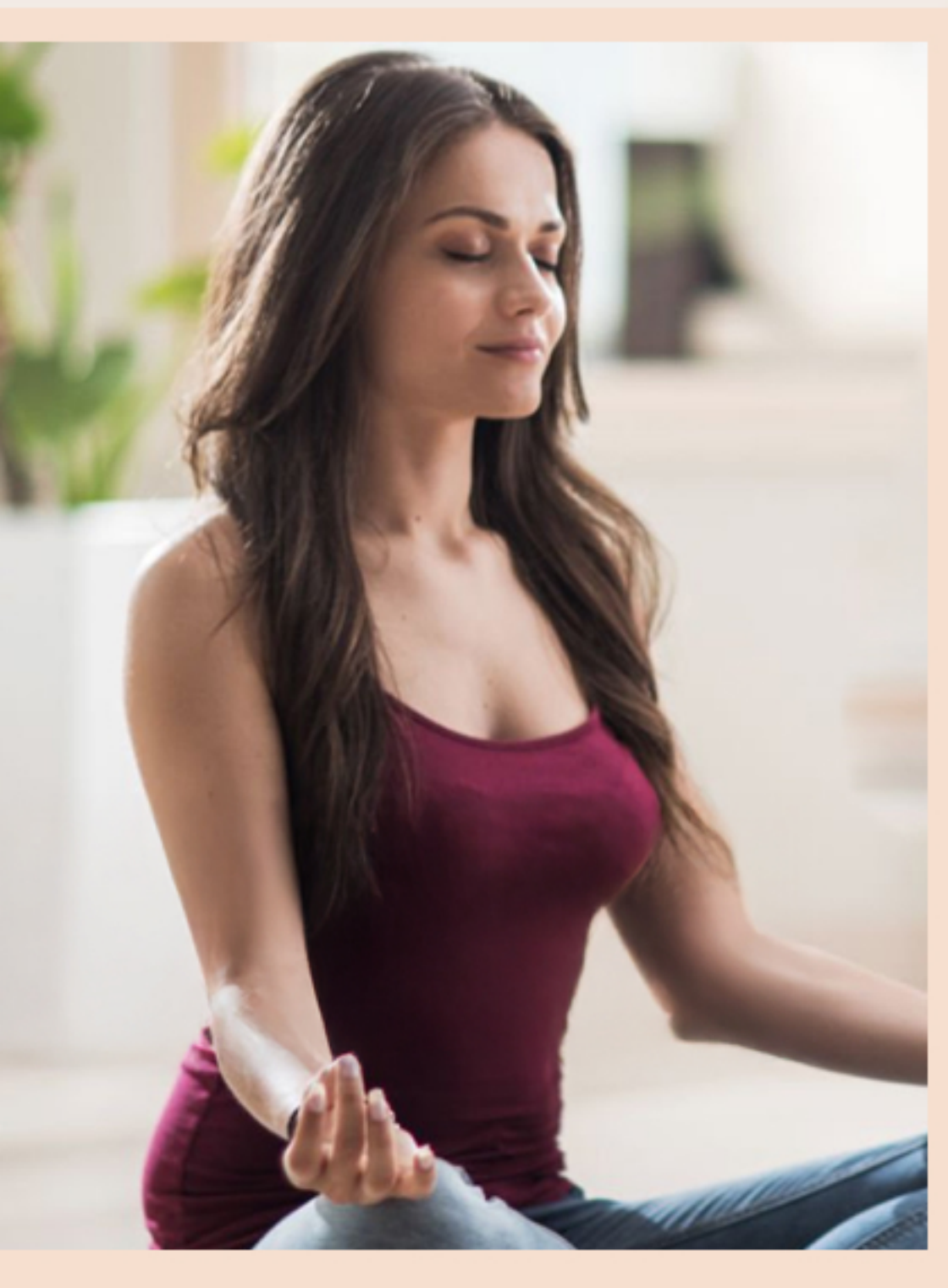
Disclaimer: Always consult your doctor before following any exercise plan.



tips

Prega

COUPLE WELLNESS GOALS



For Her

- Track cycle
- Take prenatal vitamins
- Practice yoga

tips

For Him

- Quit smoking/alcohol
- Add zinc-rich foods
pumpkin seeds, lentils
- Stay active daily



YOUR FERTILITY CHECKLIST

- Eat whole, unprocessed foods
- Stay hydrated
- Move 30 min/day
- Sleep 7–8 hours
- Manage stress mindfully
- Avoid smoking, alcohol, and junk food
- Stay patient as progress takes time



Pregatips.com

Pregatips, your trusted advisor for every step of your pregnancy journey!

Follow Us On:



@itspregatips



@itspregatips



@itspregatips