



FERTILE SOIL

STEP BY STEP: “ARE YOU MAKING STEPS IN THE RIGHT DIRECTION?”

The questions couples should ask themselves when going to conceive (GTC):

KEY QUESTIONS

Are you having regular sex - at least two or three times a week?

Are you aware of your fertile time?

Are you overweight or underweight?

Are you on any medication?

Have you changed your lifestyle in any way, such as cutting down on alcohol or giving up cigarettes?

What is your work/life balance like - are you overstretching yourself or working too hard?

How are your energy reserves? If low, are you building them up?

Are you sleeping well?

Do you have hobbies?

Rooted in Christ, Recognized by their Fruit

THEFERTILESOIL.COM • COLLABORATE@THEFERTILESOIL.COM

   @THEFERTILESOIL