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Getting Pregnant Faster With Zita West  
Your Plan Of Action For 2024

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# The planning session & IVF prep plan

## Current situation

Medical:

Nutrition:

Lifestyle:

Relationships:

Exercise:

Emotional Health:

## Your challenge

What changes do you want to make in the next 30 days?

Nutrition:

Lifestyle:

Habits:

Exercise:

Emotional Health:

Where are you stuck in your life?

Which dominant emotions do you feel on a daily basis? (Circle all appropriate)

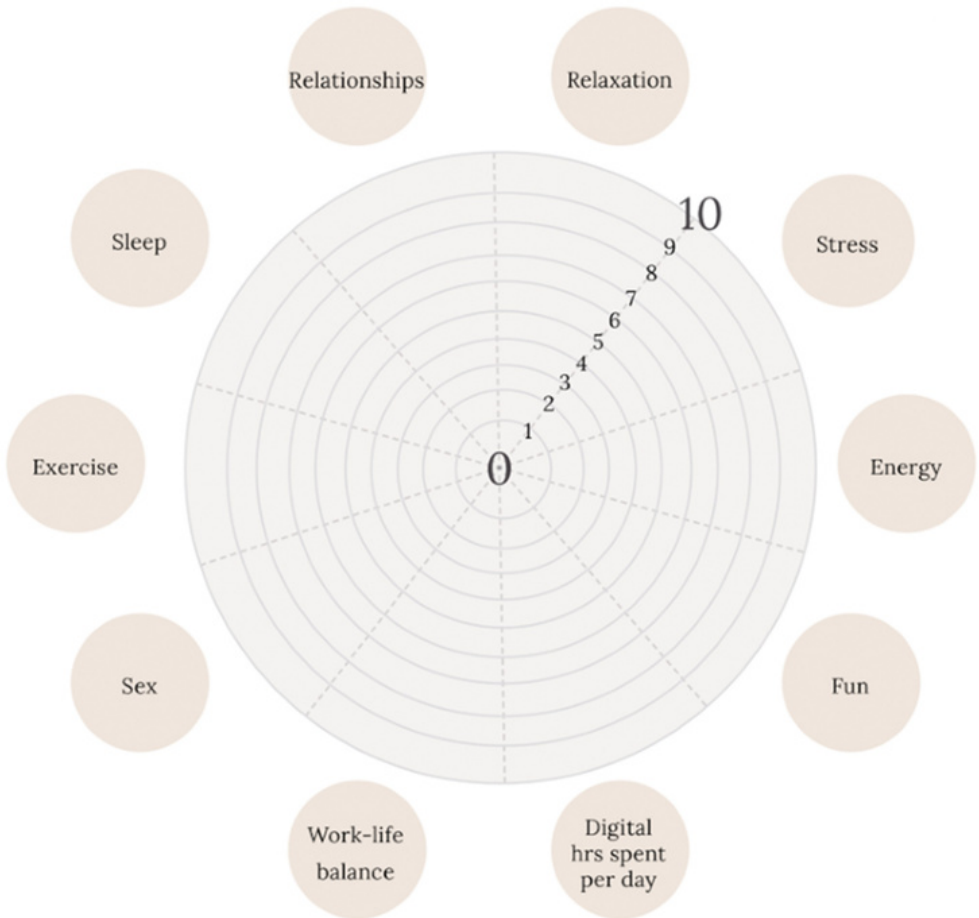
Anger    Fear    Worry    Depression

Frustration    Anxiety    Grief

## Journal Notes

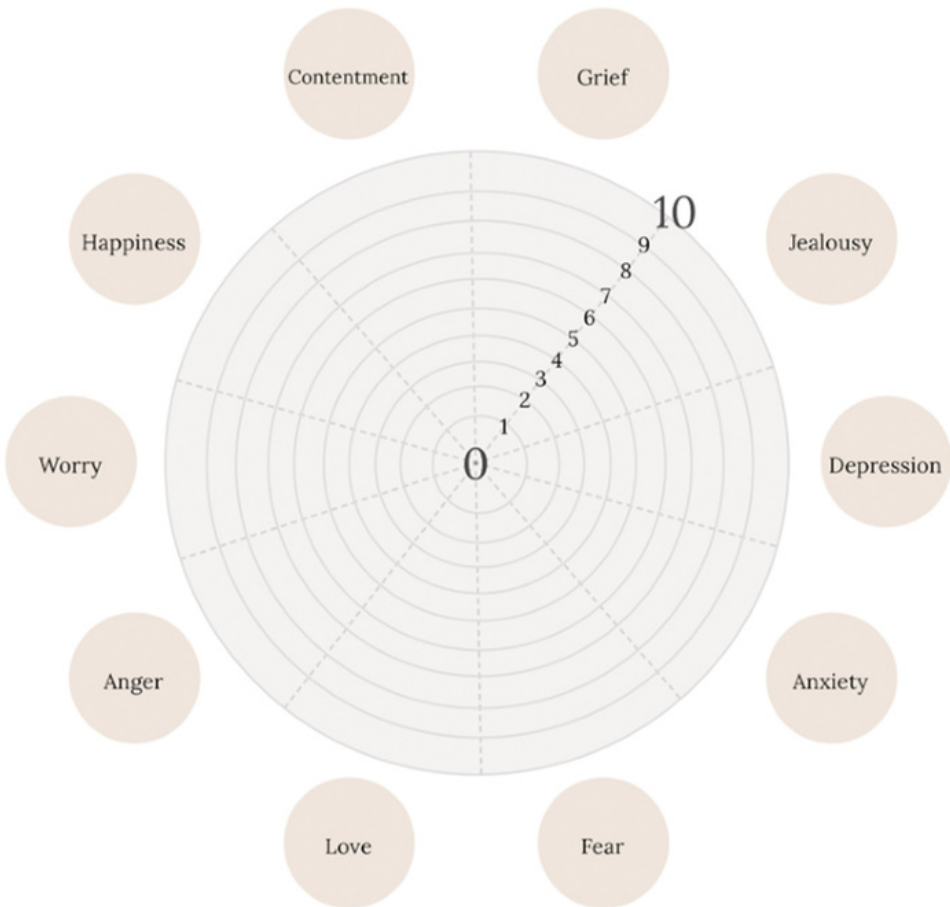
# Lifestyle

Please score where you are now out of 10. Each slice of the pie represents a different area you are to focus on.



# Emotional health

Please score where you are now out of 10. Each slice of the pie represents a different area you are to focus on.



# What are the changes you need to make?

Medical



Nutrition



Lifestyle



Health

