
Getting Pregnant Faster With Zita West Your Plan Of Action For 2022

○○○○○ ZITA WEST



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)

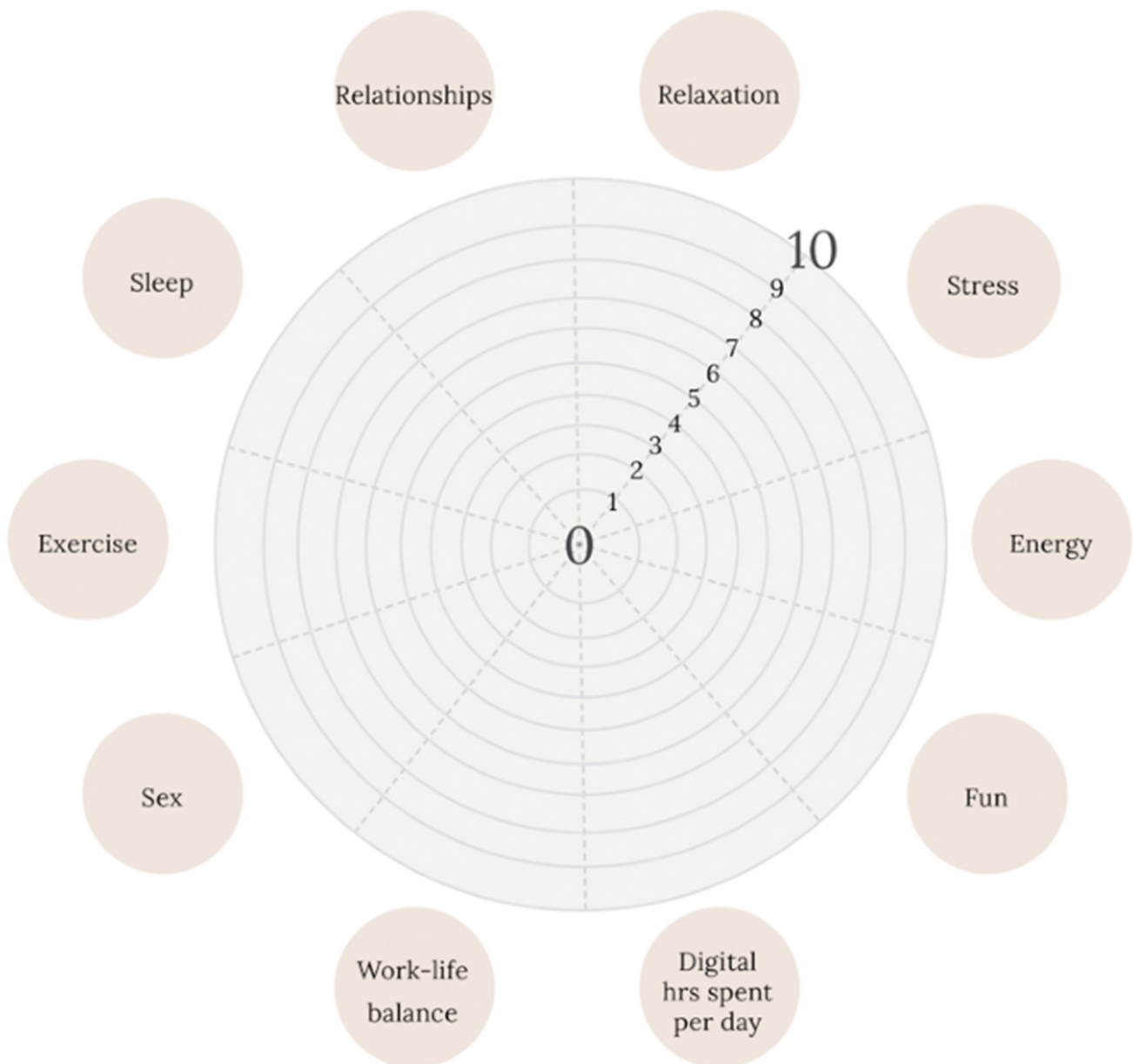
Anger Fear Worry Depression

Frustration Anxiety Grief

Journal Notes

Lifestyle

Please score where you are now out of 100.
Each slice of the pie represents a different area
you are to focus on.



Emotional health

Please score where you are now out of 100.
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



Fertility / IVF

