



90 Day
Prep

THE ROAD TO
PREGNANCY



Hi! I'm Chelsea, so glad you're here.

The decision to start trying for a baby is a huge step in life, and it's *TOTALLY* understandable if you're feeling a little lost or overwhelmed. We grow up knowing how to prevent pregnancy, but often are never told that it can take more than just "not preventing" to get a baby in your arms. If you're considering getting off birth control or actively TTC (that's trying to conceive if you're fresh to the lingo), this guide will help you prep your body *AND* your mindset for this pivotal experience.

Wishing you all the baby dust!

Chelsea Simpson

WHAT YOU'LL FIND IN THIS GUIDE

- *How to TTC*
- *Prenatal Vitamins*
- *Birth Control*
- *Functional Fertility*
- *Ovulation*
- *Kicking Habits*
- *Review Medications*
- *Dental Care*
- *Mindset Work*

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HOW TO TTC

Let's get down to the basics of making a baby. You know the big picture - sperm meets egg. But it's not like your eggs are just hanging out all month waiting for a swimmer to show up. To get those two pink lines on a pregnancy test, you'll want to keep these things in mind:

- Without outside factors, the chances of conceiving during the optimal fertile window are around 30%... outside that timeframe, chances drop drastically.
- Getting off hormonal birth control can affect your body's production of hormones... which can lead to some weird cycles for a while.
- After you baby dance (have sex in hopes of conceiving) or use alternative methods to get sperm to meet egg (ex: if you're using a fertility clinic), it will take roughly two weeks to confirm if you're pregnant.
- During that two week wait, if you are pregnant... you may start to experience symptoms, including implantation bleeding, which can (but doesn't always) occur around 7-14 days after fertilization.

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Prenatal Vitamins

Find a prenatal vitamin you like and take one every day. Prenatal vitamins provide essential ingredients that are important for carrying a healthy pregnancy. While starting them 90 days before TTC is #goals, getting started at any point prior to conceiving is still extremely beneficial! Print this x3 for 90 days of prenatal vitamin prep!

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Day 2	<input type="checkbox"/>	Day 12	<input type="checkbox"/>	Day 22	<input type="checkbox"/>
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Birth Control

No two bodies react the same - so it's difficult to impossible to predict what will happen to you when you get off birth control. But, here's some general tips and things to look out for when you make the decision to stop using contraceptives.

- Some people will ovulate as soon as the first cycle after ending birth control, but sometimes it can take months for the body to regulate and ovulation to occur.
- If you've been on an injectable method (like Depo-Provera), it can take a lot longer to regain ovulation, with some reporting 10+ months before ovulating.
- It's usually best to finish out the current month's supply of birth control pills before quitting. Less confusion on your body the better.
- In most cases though, ovulation *should return within 3 months of quitting. Get in touch with a provider if it's been longer than 3 months.
- IUDs, implants, patches, and rings have the potential for pregnancy immediately after removal if you haven't ovulated yet that cycle.
- Birth control can mask fertility concerns while you're taking it (such as irregular cycles or lack of menstrual cycles), so it becomes really apparent once you are off it. Pay close attention to what your body does in the months following cease of birth control.

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Functional Fertility

1 Food

Eating plentiful and nutritious foods during TTC is a great way to take a proactive approach to your fertility. Try incorporating foods that include: folate, healthy fats, full fat dairy, magnesium, and choline!

2 Sleep

Having healthy sleep cycles has been linked to improved cycles as well as helping with healthy egg development. Try shutting down your devices 30 minutes before bedtime to facilitate a dark environment to produce melatonin.

3 Movement

Getting into a routine with exercise looks different for everyone, depending on what your body is used to! One main thing with TTC, don't push the limits! Overly intense exercise is known to disrupt menstrual cycles, so lay off the high intensity workouts if your body isn't used to them and stick to something manageable and steady.

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Ovulation

Use this sample calendar to chart ovulation!

Things to try:

- Basal body temperature
- Cervical changes (softness, height, and cervical mucus)
- Ovulation predictor kits (LH strips)

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Kicking Habits

Kicking habits that are unhelpful or unsafe during pregnancy is just plain hard. Try hanging this on your fridge or keeping it at your desk for accountability and to congratulate yourself for your accomplishments! Print x3 for 90 days of benefit!

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Medications

Use this page to keep track of your medications. Find out which ones will be safe for TTC and pregnancy and consult with your doctor about any potential medication changes you may need to make.

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Dental Care

People often don't think about dental care before getting pregnant. If you're on top of it, you get 1-2 cleanings per year and some x-rays are probably involved somewhere.

Some dentists may not perform x-rays on pregnant patients (though the American Dental Association has stated radiographs are considered safe during pregnancy when proper abdominal and thyroid shielding is used), so you may want to check with your dentist about their policies.

Pregnancy has been associated with higher risks of oral health conditions such as gingivitis. Due to this, some health insurance plans will allow an extra cleaning/routine visit during pregnancy.

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Mindset Work

1 Simplify

When heading into the TTC lifestyle, try tying up any loose ends that cause you daily stress. If this means scheduling long overdue appointments or finishing a household project that brings you less joy than you'd hoped (we can't all be Marie Kondo), make an effort to clear up your mental (and physical) to-do list before adding all the to-do's of TTC.

2 Find a Friend

Having a trusted friend, family member, or even an online community to talk to about your journey is important. You're not supposed to be an expert at this, so it's completely normal to have questions or need to vent. You don't have to handle these things alone.

3 Make Room for Life

It can be extremely easy to let TTC take over your life. A lot of things revolve around the calendar; and you may find yourself caught up in all the cycle tracking, googling of symptoms, scheduled sex, and two week waits that you completely forget about the things that make you happy outside of TTC!

Two ways to make sure you take time for yourself: 1.) Schedule it! if you're already living by the calendar, you might find it easy to actually pencil in that time. 2.) Ask your partner to take control of planning fun activities. If you feel like you have too much on your plate already, see if your partner can take the role of fun-finder to maintain a healthy balance for you both!



Want to take a deeper dive, learn what works best for YOUR body, and get out of those Google rabbit holes?

Like so many others, my journey in the world of TTC has been.... messy. Type A doesn't even begin to cover it, but my obsessive, need to know, research based brain collided with my passion for emotional health and I ran straight into the field of fertility and birth work. I knew I wanted better for myself and others, so I created a program meant to provide multifaceted support to you on your journey.

Just starting on your TTC journey and want the ins and outs of optimizing your chances? Check out my TTC 101 program, [Baby Dance Breakdown](#). I'll even sneak you a little promo code for \$40 off! Just use the code: TAKE40

Online courses not your jam, but you might be into some 1:1 support? Find out more about my fertility support services [here!](#)

Chelsea Simpson