

Module 2 Action Steps

Checklist

- Print shopping list, buy groceries
- Plan your fertility boosting meals drinks and snacks for the week ahead
- Choose 1 food or substance to remove from your diet/lifestyle
- Buy vitamins and mineral supplements that you'd like to start on
- Buy any herbs or superfood supplements
- Listen to Subconscious Reprogramming Audio for diet every night for min 1 week

