Your 12-week preparation plan

Small priorities, for both partners.

Use this flexible guide as a starting point for discussion. Weeks are an organising tool, not medical deadlines. Twelve weeks is 84 days; “90 days” describes an approximate planning window.

S | Stabilize · Steady daily rhythms

Care for sleep and choose one manageable way to unwind.

A | Anchor · Build a food foundation

Plan varied, balanced meals for both partners.

F | Find · Understand your needs

Discuss your history and appropriate assessment with your clinician.

A | Amplify · Targeted support

Review deficiencies and supplements with individual clinical guidance.

R | Remove · Reduce harmful exposures

Seek support to stop smoking and discuss relevant exposures.

I | Integrate · Connect with your care

Keep useful habits and coordinate them with your own clinician.

An educational framework, with no guarantee of pregnancy. It has not been tested as a complete programme in a clinical trial. Agree tests, supplements and timing with your clinician. Do not wait 12 weeks before seeking assessment or treatment.

Build your foundation

Week 1 · Discuss your timeline

□ Note your next appointment and ask whether assessment is needed now. Start together without postponing care.

Week 2 · Choose a sleep routine

□ Try one consistent evening or morning habit. Make it realistic for your daily life.

Week 3 · Plan one meal

□ Find a simple, balanced meal you can repeat. A special “fertility diet” is not required.

Week 4 · Move in a way that fits

□ Choose a manageable activity. Ask your team about restrictions during treatment or for your circumstances.

Week 5 · Review your list

□ Bring current medicines and supplements to your clinician. Do not start or stop treatment on your own.

Week 6 · Take stock

□ Keep two useful habits. Review existing results and consider further assessment only where indicated.

Our priority:

Continue with flexibility

Week 7 · Reduce one burden

□ Discuss smoking, alcohol and relevant home or workplace exposures. Choose one change or seek practical support.

Week 8 · Make room to recover

□ Plan an activity that helps you unwind. Stress is not a personal failure or an explanation for every fertility difficulty.

Week 9 · Review the plan together

□ Does it work for both partners? Simplify anything that adds unnecessary pressure.

Week 10 · Prepare your questions

□ Write down questions about the cycle, sperm or next steps, without trying to diagnose yourself.

Week 11 · Coordinate with your team

□ Before treatment or a procedure, confirm instructions for medicines, supplements and activity.

Week 12 · Choose what continues

□ Review progress with your clinician. Repeat tests when clinically useful, not automatically because of the week number.

Read the rationale and evidence: safariprotocol.org/science/

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