# Our week

For discussion and organisation, without a score.

Week / dates:

One small priority for each of us:

What helped this week?

What needs simplifying or support?

Questions for our clinician:

Next appointment / agreed steps:

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.

Your notes are not sent to us.