Your first steps

A practical start, without a shopping or supplement list.

1. Choose one small priority

What would make this week easier to organise? One simple meal, a walk or a regular time to wind down is enough to start.

2. Begin together

Share the practical tasks. Your needs may differ; you do not need to score each other’s effort.

3. Prepare a list for your clinician

Keep medicines, supplements, allergies and questions in your own private records. Do not submit medical details through the website signup form.

4. Ask for timely guidance

Ask about appropriate assessment and timing for your history. Do not wait until you complete the plan.

5. Make one weekly note

What helped? What needs simplifying? The dashboard supports a conversation; it does not score your fertility.

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.

Bring this to your appointment

What assessment is useful now, and what is not?

Which medicines or supplements need review?

How does our history affect timing?

What changes if pregnancy occurs or treatment starts?

Our priority for the next two weeks:

Next contact / appointment:

Your notes stay in your own copy. Further sources: safariprotocol.org/science/