

WEEK

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DATES: \_\_\_\_\_

GOALS: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Monday

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CYCLE DAY

PRENATAL SUPPLEMENT

OVULATION / PREGNANCY SIGNS

TESTS / MEDS / PROCEDURES

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

EXERCISE

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

RELAXATION

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

NOTES

# Tuesday

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CYCLE DAY

PRENATAL SUPPLEMENT

OVULATION / PREGNANCY SIGNS

TESTS / MEDS / PROCEDURES

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

EXERCISE

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\_\_\_\_\_  
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RELAXATION

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NOTES

**BY THE NUMBERS 1 to 2 million:** The number of eggs in the ovaries of newborn girls. **300,000 to 400,000:** Number of eggs in teenage girls. **25,000:** Typical number of eggs remaining at age 37, though the count can vary widely from woman to woman.

**Wednesday** \_\_\_/\_\_\_

CYCLE DAY

PRENATAL SUPPLEMENT

OVULATION / PREGNANCY SIGNS

TESTS / MEDS / PROCEDURES

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EXERCISE

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RELAXATION

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NOTES

**Thursday** \_\_\_/\_\_\_

CYCLE DAY

PRENATAL SUPPLEMENT

OVULATION / PREGNANCY SIGNS

TESTS / MEDS / PROCEDURES

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EXERCISE

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RELAXATION

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NOTES