Member Personalized Swaying Plan and Schedule

Member- Jane Doe

Supplements with Do	osages
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Supplements with Dosages	
Mom Suggested Supplements	How Often
Dad Suggested Supplements	How Often
Diet and Blood Glucose Levels	
Diet Specifics	When
A sample one day menu	
Calorie information	
Details about increasing or	
decreasing blood sugar levels	
Protein Intake Information	
Where to get calories from	
Sodium Intake options	
Types of foods to eat and avoid	
An LE/HE Diet overview document	
Evended	
Exercise	
Types Allowed	Frequency/Duration
Weight Loss/Gain	
Recommendations	



Lifestyle Recommendations Various Topics How To Handling Stress Ions Smoking Alcohol **Sperm Count** Recommendations **How To** Details will be provided based on specific Gender desired Recommendation 1 Recommendation 2 **Controlling Cervical Mucus(CM) and vaginal pH Various Topics How To**

Making the Attempt

Recommendations	How To
When	
How	
Etc.	

After the Attempt

Recommendation	How To	



SWAYING INSTRUCTIONS SCHEDULE

90 Days out
60 Days out
6 weeks before attempt
30 days before attempt
2 Weeks before attempt
2 Weeks before attempt
1 Week before attempt
Day before attempt
The Attempt
After Attempt
Unon Cotting PED
Upon Getting BFP

