

# Are you ready to get pregnant?

Answer this short quiz and find out right now if you should make some improvements before trying for baby!

Put the point value for each question in "My Score" and see where you are at!

	Point Value	My Score
<b>Do you rely on an afternoon sugar or caffeine boost to get through your day?</b>		
Hells ya I do! Who doesn't?	1	
No. I wake up with lots of energy and it lasts through the day!	0	
<b>Do you wish you physically felt better?</b>		
Yes! Some days I feel like a train wreck	1	
Not at all! I have no complaints on how I'm feeling. I'm a spring chicken!	0	
<b>Do you have a medication for this and a pill for that?</b>		
You should see my medicine cabinet!	1	
I don't have any prescriptions	0	
<b>Have you tried to lose some weight? You know this isn't where your body should be</b>		
Yes. I know I have a few pounds to lose	1	
I am at a weight that is in range for my body type!	0	
<b>Do you constantly yo-yo diet?</b>		
Ug. I have clothes in a wide range of sizes.	1	
Nope. I'm pretty stable and comfortable with where I am at!	0	
<b>Does your spouse and loved ones comment on how stressed you always are? Do you feel stressed?</b>		
I run at a 15 on a scale of 1-10	1	
Stress and I have a good relationship	0	
<b>Do you get Hangry? Would your family think you are moody?</b>		
Give me that snickers bar, NOW!	1	
I have good days and bad, but the good definitely outweigh the bad!	0	
<b>PAGE TOTAL:</b>		



<b>Are there ways that you eat that you wouldn't want your future children to follow in your footsteps?</b>			
Yes. I hope they can do better!		1	
No. I have great habits around eating and would gladly teach my kids everything I know!		0	
<b>Do you poop every day? Yes. I'm asking about your poop.</b>			
I couldn't tell ya, maybe?		1	
Like clockwork!		0	
<b>Are you overwhelmed by all the choices at the grocery store?</b>			
Oh gawd, yes! How many shelves of olive oils do you need?		1	
I'm confident I am picking the best that I can afford, and I'm a pro-level label reader!		0	
<b>Have you previously tried to improve your eating, exercise, sleep and overall habits before, and it lasted a short period of time and you slid back into your old habits?</b>			
Every year I try, but never get anywhere!		1	
Every health habit I've tried to improve, I have!		0	
<b>Do you think that any of your diet, lifestyle and health concerns will just fix themselves once you get pregnant?</b>			
No, of course not.		0	
Yes. By magic!		10	
<b>How long have you been trying to conceive?</b>			
Haven't started		0	
1 to 6 months		5	
7 to 12 months		10	
More than 12		20	
<b>How old are you?</b>			
Under 30		0	
30-34		5	
35-39		10	
40 or older		20	
<b>What is your timeline to get pregnant?</b>			
Now		10	
3 months		5	
6 months		2	
1 year		1	
		2 <sup>nd</sup> Page Total:	
		1 <sup>st</sup> Page Total:	
		<b>TOTAL SCORE:</b>	



## The results....

**5 or Less** – You are on a great path to health! Keep up the good work! You have a few things that you could work on, but now you have an idea of what areas you can shift your focus to. You may be pre-conception healthy but are cool with not knowing all the details of your body's fertility signals. You're likely to toss out your birth control and let nature take its course.

**6 to 20** – You may already be pre-conception healthy but want to do everything in your power to improve the odds of quickly conceiving and pinpointing fertility issues right away.

It's probably time to think of making some changes. The earlier you start working on those good habits, the easier you'll be able to continue them into pregnancy and beyond.

**21-40** – You know there are things that you need to work on. It is time to put yourself first and listen to what that powerful body of yours is telling you. You may already be dealing with some fertility issues, confirmed by your doctor or not. You may have tried some things in the past, but nothing really stuck. You did not have the support that you needed, and your good intentions didn't get you pregnant. You are discouraged and know with some help that you can do this!

**40+** - You are tired of spinning your wheels. You have no idea where to start! Who has the time to read all those self-help books? There is so much information out there, where do you begin? What should you prioritize? You are ready now to make the changes and start feeling better. You want to give this baby making everything you've got!

## Now what?

Why wait for an expensive infertility diagnosis. With a little investment in yourself right now, you can start working on the steps to improve your health, so you can give yourself and your future children the best chance. Book a free consult now at [www.GivePeasAChance.ca](http://www.GivePeasAChance.ca) and see how we can improve your health and fertility together!

YES! I want to Book a Free Consult now!



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GIVE Peas chance

