



The Essential Fertility Log: An Organizer and Record Keeper to Help You Get Pregnant

Suzanne Schlosberg

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When did I ovulate last month? "Does my LH surge always happen on Day 15? "How long ago did I get my FSH tested?" When it comes to getting pregnant, timing and accuracy are everything, yet you have to have the organizational bent of a bookkeeper to keep track of the relevant details! What a woman in charge of her fertility really needs is one place to track everything--a handy log to keep on the nightstand, to toss in her purse when she goes to the doctor, or to whip out for reference when she's searching the Internet. Spiral-bound for easy and frequent use, *The Essential Fertility Log* is all that--and a lot more. It has three main sections: a daily journal with space to record ovulation/cycle information, a monthly calendar that displays the big picture of fertility and menstrual cycles, and a section for medication, treatment, and test records. Fun factoids and tips throughout also emphasize staying fit and healthy through regular exercise, good nutrition, and stress management. A source of daily encouragement as well as a tool for effective communication and collaboration with her doctor, *The Essential Fertility Log* will keep a woman's spirits up as she rides the emotional roller coaster of trying to conceive.

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David Hosford:

Playing with family in a park, coming to see the coastal world or hanging out with buddies is thing that usually you have done when you have spare time, in that case why you don't try factor that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Essential Fertility Log: An Organizer and Record Keeper to Help You Get Pregnant, you can enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh occur its mind hangout guys. What? Still don't understand it, oh come on its referred to as reading friends.

Oscar Jackson:

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