

Carter's Weekly Plan

Fertility Focused · Cycle Aware · Nourish First

135 lbs · 5'5½" · Maintain & Build Protein: 80-110g · Zone 2: 120-150 min/wk

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Full Body Strength 45-50 min compound lifts. Core: 360° breathing, dead bug, bird dog. Pelvic floor activation. Eat breakfast first! <i>Adjust intensity to cycle phase</i>	Zone 2 Cardio 30-40 min walk, bike, or swim. Conversational pace (can talk easily). Optional: walk with Grant. Improves insulin sensitivity. <i>Never fasted — always eat first!</i>	Rest / Yoga Pelvic floor PT exercises. Hip mobility: 90/90 switches, openers. 10 min meditation or prayer. Aim for 9 hrs sleep. <i>Rest days are hormone recovery days</i>	Upper Body & Core 40-45 min push/pull (rows, press, face pulls). Core: side plank, glute bridges. Post-workout: 25-30g protein within 2 hrs. <i>Reduce intensity in luteal phase if needed</i>	Zone 2 / Rest 20-30 min optional movement or complete rest. Gentle stretching only. Check energy levels and cycle day. <i>Listen to your body — more rest if needed</i>	Lower Body & Glutes 45-50 min legs/hips. Squat and hinge patterns. Include: hip thrusts, step-ups, lunges. Core: farmer carries, Pallof press. <i>Labor preparation foundation</i>	Complete Rest Sabbath: Prayer, worship, restoration. Optional gentle walk. Prioritize 9 hrs sleep. Meal prep for week ahead. <i>Stress management is fertility management</i>

Daily Supplements

- Morning with breakfast:** Prenatal with methylfolate (not folic acid), Vitamin D3 2-5K IU, Omega-3 with DHA 1-2g, CoQ10 100-200mg (ubiquinol), Creatine 3-5g
- Post-workout:** Protein 25-30g + carbohydrates
- Evening (30-60 min before bed):** Magnesium glycinate 200-400mg, Myo-inositol 2-4g
- Optional AM:** Ashwagandha 300-600mg for stress

Stop once pregnant: Confirm all supplements with doctor. Discontinue adaptogens (ashwagandha, rhodiola).

Sleep & Cycle Protocol

- Sleep need:** 8-9 hours (women need more than men for hormone production)
- Morning:** Sunlight 10-30 min within 30-60 min of waking
- Caffeine:** <200mg/day max, stop by 2pm
- Alcohol:** Eliminate completely (fetal alcohol risk starts before you know you're pregnant)
- Evening:** Dim lights after sunset, cool room (65-68°F)
- Luteal phase:** Room cooler, limit fluids 2 hrs before bed (progesterone is diuretic)

Hydration: 80 oz/day

Sleep: 8-9 hrs

Cycle Tracking & Training

Menstrual (Days 1-5): Light movement, yoga, walking — honor rest

Follicular (Days 6-14): Higher intensity OK, strength PRs

Ovulation (~Day 14): Peak strength — hardest training window

Luteal (Days 15-28): Moderate intensity, reduce volume if tired

Track: BBT temp upon waking, cervical mucus, OPKs. Healthy cycle: 26-32 days, ovulation day 14 ±2.

Fertility Nutrition Priorities

Eggs daily: 2-3 (choline 550mg for fetal brain development)

Liver weekly: 3-4 oz (iron, B12, folate, retinol — nature's multivitamin)

Fatty fish: 3-4×/week (salmon, sardines for DHA)

Fermented foods: Daily (sauerkraut, kefir for gut health)

Brazil nuts: 2-3/day (selenium for thyroid)

Leafy greens: 2-3 cups daily (folate, magnesium)

Bone broth: 1 cup daily (glycine for methylation)

Preconception Checklist

- ☐ Bloodwork: ferritin >50, vitamin D >40, TSH 1-2.5, B12, folate
- ☐ MTHFR status — use methylfolate not folic acid
- ☐ Dental checkup (gum disease linked to preterm birth)
- ☐ Eliminate alcohol, reduce caffeine to <200mg
- ☐ Audit personal care (endocrine disruptors), switch to glass

☐ Pelvic floor PT assessment

Key principle: Nourish, don't restrict. This is not the time for aggressive dieting.