

# 120-Day Epigenetic Blueprint: Preconception Readiness Tracker

Client Name(s): \_\_\_\_\_ Start Date: \_\_ Target Conception Month: \_\_\_\_

The 90 to 120 days before conception represent a critical window for gamete (egg and sperm) maturation. This tracker ensures both the "Seeds" and the "Soil" are optimized for the next generation.

## Section 1: The Reveal (Baseline Biomarkers)

Complete these at the start of your 120-day window to identify your starting point.

Biomarker	Target Goal	Baseline Result	Date
Fasting Insulin	< 5 uIU/mL		
HbA1c	< 5.2%		
DNA Fragmentation (Partner)	< 15% (Optimal)		
Vitamin D (25-OH)	50–80 ng/mL		
Vaginal/Uterine Microbiome	Lactobacillus Dominant		

## Section 2: The 120-Day "Seed & Soil" Progress

Track your consistency across the four months of gamete maturation.

Focus Area	Month 1: Priming	Month 2: Mitochondrial Build	Month 3: Final Maturation	Month 4: Conception Ready
Egg Quality Support (CoQ10, Myo-Inositol, NAC)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paternal Support (L- Carnitine, Zn, Se)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Focus Area	Month 1: Priming	Month 2: Mitochondrial Build	Month 3: Final Maturation	Month 4: Conception Ready
Methyl Donor Intake (Folate, B12, Choline)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Glycemic Load Diet (<GL 50/day)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EDC Elimination (BPA/Phthalate Free)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vagal Tone/Stress Management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Section 3: Daily Foundation Checklist

Use this for a typical week to ensure the "Epigenetic Environment" is stable.

Daily Habit	M	T	W	T	F	S	S	Notes
Choline Intake (450mg+ / ~2-3 Eggs)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
The "Big Three" (CoQ10, Inositol, NAC)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Zero Plastic Contact (Food/Water)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Movement (30 mins moderate)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sleep Quality (7-9 hours)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

### Section 4: Monthly Reflection & Optimization

Current Phase: (Circle one) Month 1 | Month 2 | Month 3 | Month 4 (Conception)

1. Energy & Vitality Score (1-10): \_ (High energy often correlates with mitochondrial health)

2. Environmental Wins: (e.g., Swapped plastic containers for glass, switched to organic personal care)

### 3. Areas for Improvement:

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#### **Practitioner Next Steps:**

- ☐ Re-test Insulin/HbA1c if baseline was elevated.
  - ☐ Review Partner's Advanced Semen Analysis (ASA) results.
  - ☐ Transition to "Functional Pregnancy" protocol upon positive test.
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