

13 weeks of showing up

Daily choices. Weekly lessons. An honest record of the routine you build.

Your 91-day calendar

- 01** One row is one day. One calendar is one week. Keep the same eight habits for all 13 weeks, while each week teaches one topic.
- 02** Mark + when you meet your daily plan. Mark - when you do not. Choose only one mark in each habit box. Leave it blank if you do not know; blanks are not automatically minuses.
- 03** Add each row, then add the week. There are 8 possible marks each day, 56 each week and 728 across 13 weeks. Start on any day; write the date beside Day 1.
- 04** The target is at least 10 pluses for every 1 minus. Example: 50 pluses and 5 minuses meets the ratio. With no minuses, record the ratio as 50:0, not a division by zero.
- 05** Check coverage as well as the ratio. A week is fully recorded at 56 marks. The whole plan is fully recorded at 728. A high ratio with many blanks is an incomplete record.

WHAT THE TOTAL MEANS

This is a personal habit plan, not a fertility test. Its simple + / - tally is separate from the app's weighted score. A 10:1 ratio cannot tell you whether you can conceive. You do not need to finish this workbook before trying or seeking care.

Start date: _____ End date: _____

Built around FirstBorn's habits and Trying calendar. Evidence reviewed 9 October 2026.

What earns a plus?

Set realistic goals before you start. Keep them steady so the weekly totals mean something.

1 No alcohol

No alcoholic drinks today. Choose an alcohol-free replacement you enjoy.

2 No cannabis

No cannabis today, including edibles. Discuss medical use with your prescriber.

3 No smoke or vape

No smoking or vaping today. Approved quit-treatment, such as prescribed nicotine replacement, does not count as a missed goal.

4 Movement

Follow your movement plan: a walk, workout or planned recovery day. Start small; adapt for illness, injury or disability.

5 Sleep

Aim for at least 7 hours of sleep if you are an adult aged 18-60. Set a realistic plan for shifts or care duties; adjust with a clinician if needed.

6 Keep cool

Skip hot tubs, saunas and deliberate heating of the testicles. Ordinary warmth, normal exercise or a fever is not a personal failure.

7 Calm break

Take a short calming break: breathing, a walk, quiet time or talking to someone. Feeling stressed does not make this a minus.

8 Food plan

Follow your balanced food plan. A suitable supplement can be part of it if needed; taking a pill is not required to earn a plus.

A minus records a missed plan. It does not mean you are a bad person or that a pregnancy has been harmed. If a goal stops fitting your health or circumstances, change the plan and note why.

Start with no alcohol

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Alcohol is worth changing before pregnancy, including for fathers. In a study of 1,221 young Danish men, heavier regular drinking was linked with fewer sperm and fewer sperm of normal shape. Other studies have found different results at moderate intake, so there is no reliable number of drinks that guarantees healthy sperm. [1,3]

The child matters too. In a Chinese study of 529,090 couples, fathers who drank at least weekly before conception had 35% higher adjusted odds of a reported birth defect. That does not mean 35% of their babies had a defect. The study found a link; it could not prove that alcohol caused it. Choosing no alcohol removes an avoidable exposure while preparing for a baby. [2]

THIS WEEK

Stock your usual drinking spot with an alcohol-free option. Plan what you will say when offered a drink.

If you drink heavily every day or have had withdrawal symptoms, get medical help before stopping suddenly. [19]

Sources: [1] Jensen et al | [2] Zhou et al | [3] Jensen et al | [19] NHS. Full links at the back.

Leave weed out

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

The often-quoted 30% figure comes from a real study, but it has a specific meaning. Researchers studied 1,215 Danish men aged 18-28. Men using cannabis more than once a week in the previous 3 months had about 29% lower total sperm count than non-users, after adjustment for other factors. Sperm concentration was about 28% lower. [4]

This was an observation, not a test that randomly gave men cannabis. Other human studies have had mixed results. We cannot promise that stopping will raise your count by 29%. Still, avoiding cannabis is a sensible way to remove a possible risk while trying for a baby. Edibles do not make this concern disappear. [5]

THIS WEEK

Remove easy access and plan a replacement for your usual cannabis time. If it is prescribed, ask for a review.

Sources: [4] Gundersen et al | [5] ASRM Practice Committee. Full links at the back.

Move your body

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Sperm need to move well to reach an egg. Regular exercise may support that process. In a randomized study of 280 healthy men, exercise improved several sperm measures and reduced signs of cell stress. Moderate, steady exercise did best among the training plans tested. The researchers measured sperm, not a guaranteed increase in births. [6]

Choose movement you can keep doing: brisk walks, swimming, strength work or another activity you enjoy. Build up gradually. A hard session every day is not the goal. Rest and recovery can be part of a good plan. For this calendar, mark a plus when you follow the plan you set, including planned rest days.

THIS WEEK

Choose a repeatable movement plan. Write it down: _____

Sources: [6] Hajizadeh Maleki et al. Full links at the back.

Cover food gaps

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -		
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -		
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -		
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -		
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -		
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -		
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -		

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Making sperm, called spermatogenesis, takes nutrients from food. A varied diet helps supply them. If your food intake misses some vitamins or minerals, a suitable multivitamin can help fill gaps. This is most useful when a gap is real, such as a very limited diet or a diagnosed deficiency. A pill cannot replace meals or remove every risk of low nutrient intake. [7]

More is not always better. Do not stack several products or take large doses for a promised fertility boost. In a large trial, men taking folic acid plus zinc did not have better semen results or more live births than men taking a placebo. Use supplements to meet needs, with advice when needed, rather than as a guarantee. [8]

THIS WEEK

Check your usual meals and any supplement labels. Ask about gaps if your diet is limited or you have a known deficiency.

Sources: [7] NIH Office of Dietary Supplements | [8] Schisterman et al. Full links at the back.

Do not save sperm for weeks

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Your body keeps making sperm. Long periods of saving it up are not needed to improve your chance of pregnancy. Longer gaps can worsen some semen measures. Ejaculating every 3-5 days can be a practical routine when you are not in the fertile window, but this is not a proven freshness rule for every man. [9]

When you are trying, do not wait 3-5 days between attempts just to follow this worksheet. Intercourse every 1-2 days in the fertile window gives the best chances. Daily intercourse is also fine if you both want it. Follow the separate abstinence instructions from your clinic if you are giving a semen sample. Keep this choice separate from your daily habit score.

THIS WEEK

Outside the fertile window, every 3-5 days can be an easy personal ejaculation routine. During it, use the trying plan.

Optional ejaculation dates this week: _____

Sources: [9] ASRM Practice Committee. Full links at the back.

Protect your sleep

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Sleep helps your body recover and keeps daily routines easier to manage. In a study following 1,176 couples, men reporting less than 6 hours of sleep had a lower chance of conception in each cycle than men reporting 8 hours. That link does not prove that a set bedtime will cause pregnancy. [10]

Adults aged 18-60 generally need at least 7 hours. Give sleep enough room in your day and aim for a regular schedule when possible. Shift work, a new baby, pain or illness may make this hard. Set a goal you can act on, rather than blaming yourself for a bad night. Get help for ongoing sleep problems or loud snoring with pauses in breathing. [11]

THIS WEEK

Pick a regular bedtime or sleep period. Put one barrier to sleep out of the way tonight.

Sources: [10] Wise et al | [11] CDC. Full links at the back.

Make room to breathe

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

You do not need to feel calm all the time to become a father. Stress is part of life, and fertility worries can add to it. In a study of 193 men, higher reported stress and stressful life events were linked with some poorer sperm measures. That study did not test whether meditation improves fertility. [12]

A calm break can still help you cope and make it easier to sleep, talk and stick with a routine. Try slow breathing, a gentle walk, music or time with someone you trust. Mark a plus for taking your break, even if you still feel worried afterward. Being anxious is not a failure and does not mean you caused a fertility problem.

THIS WEEK

Choose a 10-minute calm break you will actually take. Put it beside an existing habit.

Sources: [12] Janevic et al. Full links at the back.

Show up for the fertile window

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 ___ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 3 ___ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 5 ___ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Timing matters. The fertile window is the five days before ovulation plus ovulation day. Ovulation is when an ovary releases an egg. A classic study followed 221 women using daily hormone samples; pregnancies began after sex in this six-day window. Outside the true window, the chance is much lower. [13]

Count cycle days from the first day of full period bleeding, not from the day bleeding ends. Ovulation dates can shift, even with regular cycles. A calendar is an estimate. If tracking feels stressful, intercourse every 2-3 days through the cycle is another simple way to cover likely fertile days. You can try while building these habits; there is no need to wait until week 13. [18]

THIS WEEK

Use the trying page together. Make a flexible plan that both of you want, rather than waiting for a perfect score.

Sources: [13] Wilcox et al | [18] NHS. Full links at the back.

Get smoke out of the routine

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	_____	_____
Day 2 __ / __	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	_____	_____
Day 3 __ / __	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	_____	_____
Day 4 __ / __	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	_____	_____
Day 5 __ / __	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	_____	_____
Day 6 __ / __	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	_____	_____
Day 7 __ / __	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	☐ + ☐ -	_____	_____

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Smoking exposes you to chemicals that can damage cells. Research links smoking with poorer sperm count, movement and shape. Smoke in shared spaces also exposes your partner. Vaping is not proven to be a safe fertility swap. [5]

Quitting can take more than one attempt. Use help: a clinician, a quit service or a treatment plan. For this worksheet, approved nicotine replacement used as part of quitting does not count as smoking or vaping. If you have a slip, record it honestly and return to the plan at the next choice. A minus is information about a habit, not a judgment about you.

THIS WEEK

Make a quit plan and ask for support. Make home and car smoke-free spaces.

Sources: [5] ASRM Practice Committee. Full links at the back.

Keep heat in check

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

The testicles sit outside the body, where they can stay cooler. Repeated high heat may affect sperm production. In a small study, 10 men used a sauna twice a week for 3 months. Their sperm count and movement fell, then recovered after the sauna use stopped. This does not tell us a safe heat limit for every person. [14]

A simple change is to avoid deliberately heating the testicles for long periods. There is no need for ice packs or extreme cooling. Normal exercise and ordinary warmth are not reasons to panic. A fever is an illness, not a bad habit. Note it for a clinician if you later have a semen test, and focus on getting well.

THIS WEEK

Skip hot tubs and saunas during this plan. Keep laptops off your lap when practical.

Sources: [14] Garolla et al. Full links at the back.

Feed the routine

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	_____	_____

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Food is a daily chance to support your whole body. Build meals around a mix of vegetables, fruit, beans, whole grains and suitable protein foods. Include sources of healthy fats. Make the plan fit your budget, culture and allergies. This is not a special fertility menu. [7]

One trial gave 119 healthy men either their usual diet with mixed nuts added or their usual diet without nuts for 14 weeks. Several sperm measures improved in the nut group. The trial did not prove that nuts increase pregnancy rates. You do not need to copy its large daily portion or eat nuts if you are allergic. The useful goal is a varied, repeatable food pattern. [15]

THIS WEEK

Plan a few balanced meals you like. Keep an easy fruit, vegetable or protein option ready.

Sources: [7] NIH Office of Dietary Supplements | [15] Salas-Huetos et al. Full links at the back.

Review medicines and hormones

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

Testosterone treatment can make someone feel better while reducing sperm production. Testosterone from outside the body can turn down the hormone signals that tell the testicles to make sperm. For some men, sperm production can stop. Recovery after treatment changes may take months or longer. [16]

Tell the prescriber about your plans for a baby. This includes testosterone shots, gels, anabolic steroids and products sold for muscle or hormone boosts. Do not stop prescribed treatment or start a replacement plan yourself. Ask for a fertility-aware review. Bring your full medicine and supplement list so you can make a plan that fits your health needs.

THIS WEEK

List medicines, hormones and supplements. Tell the prescriber you want a baby before making any changes.

Sources: [16] AUA/ASRM. Full links at the back.

Keep showing up

Week starts: _____ Week ends: _____

Circle one mark per habit. Leave unknowns blank. Add each row at the right.

Day / date	No alcohol	No weed	No smoke or vape	Move	Sleep	Keep cool	Calm break	Food plan	Total +	Total -
Day 1 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 2 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 3 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 4 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 5 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 6 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -
Day 7 __ / __	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -	+ -

WEEK TOTAL + _____ - _____ Recorded _____ / 56

Circle your choice: TRYING / NOT TRYING

Why this matters

You have made room for 91 days of steady effort. Sperm development takes weeks, and the timing varies between men. In a small human study, newly labeled sperm appeared after an average of 64 days. Thirteen weeks gives you a useful stretch of routine; it is not a switch that makes all sperm new or guarantees pregnancy. [17]

Use your totals to see what became easier and what still needs support. A 10:1 plus-to-minus ratio means you met this workbook's habit target. It does not measure sperm or prove you are fertile. Circle Trying or Not trying as your own next-step choice. If you are already trying, you can keep going while you improve the routine. Get help when it is due; a good score is not a reason to delay care.

THIS WEEK

Add your 13 weekly totals. Circle your next step, then choose the few habits you will keep.

Sources: [17] Misell et al. Full links at the back.

Add it all up

Transfer each weekly total here. The companion worksheet calculates these totals automatically.

Week	Pluses +	Minuses -	Recorded / 56
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			

GRAND TOTAL + _____ - _____ Recorded _____ / 728

My ratio is _____ pluses : _____ minuses.

Coverage: I recorded all 728 habit boxes. YES / NOT YET

Habit target: pluses are at least 10 x minuses. YES / NOT YET

No minuses? Keep the ratio as + total : 0. At least one mark is needed.

YOUR NEXT STEP

Circle your next step: TRYING / NOT TRYING

This is your choice, not medical clearance from a score. Continue trying while building habits if you wish. A high tally cannot rule out a fertility problem.

What I will keep doing: _____

Where I need support: _____

Plan around ovulation

Timing is more useful than waiting for a perfect habit score.

Day 1 is the first day of full period bleeding. Do not count from the end of the period. The fertile window is the five days before ovulation plus ovulation day. Calendar predictions can miss it. [13,18]

For a regular 28-day cycle, a rough estimate is ovulation on day 14 and a window on days 9-14, counted from Day 1. This is an example, not a rule. Shorter, longer or irregular cycles can be different. Ovulation tests may help identify the window. [18]

Aim for intercourse every 1-2 days during the window if you both want to try. Five attempts is not a medical minimum. Five optional date spaces are provided below; you do not need to fill all of them. [9]

THE SIX-DAY WINDOW

5 days before	4 days before	3 days before	2 days before	1 day before	Ovulation
------------------	------------------	------------------	------------------	-----------------	-----------

Period start: _____ Usual cycle length: _____ days

Estimated window: _____ to _____

OPTIONAL ATTEMPT DATES - CHOOSE TOGETHER

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Circle: **TRYING** / **NOT TRYING**

If you prefer not to track ovulation, intercourse every 2-3 days through the cycle is a simpler option. Keep the plan flexible; a missed day is not a failed cycle. [18]

WHEN TO GET HELP

Get a fertility check after 12 months without pregnancy, or after 6 months if the partner providing eggs is 35 or older. Ask sooner with irregular or absent periods, known fertility issues, or other concerns. If over 40, discuss evaluation now. Both partners should be considered. [20]

The research behind the plan

Primary studies and clinical guidance. Numbers describe study groups, not your personal odds.

[1] Alcohol and semen quality

Jensen et al. BMJ Open, 2014. 1,221 young Danish men; observational.

Higher habitual intake was linked with lower sperm concentration, count and normal shape. A separate larger study did not find worse semen quality with moderate recent intake (source 3).

[Read the original source](#)

[2] Fathers' alcohol use and birth defects

Zhou et al. JAMA Pediatrics, 2021. 529,090 Chinese couples; observational.

Preconception paternal drinking at least weekly was linked with higher adjusted odds of reported birth defects: OR 1.35, 95% CI 1.14-1.59. Exact amounts were not recorded. This does not prove cause.

[Read the original source](#)

[3] Alcohol findings are not uniform

Jensen et al. Human Reproduction, 2014. 8,344 men; observational.

Moderate recent alcohol intake was not linked with worse semen quality. Heavy, long-term intake was not resolved by this study.

[Read the original source](#)

[4] The roughly 30% cannabis finding

Gundersen et al. American Journal of Epidemiology, 2015. 1,215 Danish men aged 18-28; observational.

Use more than once weekly in the previous 3 months was associated with 29% lower total sperm count (95% CI 1%-46% lower) and 28% lower concentration, compared with non-use.

[Read the original source](#)

[5] Smoking, vaping and cannabis guidance

ASRM Practice Committee. Tobacco or marijuana use and infertility, 2024.

Reviews reproductive risks of tobacco and the mixed human evidence on cannabis. Supports counseling before pregnancy; vaping is not established as a safe fertility alternative.

[Read the original source](#)

[6] Exercise and sperm measures

Hajizadeh Maleki et al. Reproduction, 2017. Randomized study of 280 healthy men.

Exercise groups improved semen and sperm-DNA measures; moderate continuous training performed best. The study does not establish a pregnancy or live-birth benefit.

[Read the original source](#)

[7] Multivitamins and food gaps

NIH Office of Dietary Supplements. Multivitamin/mineral Supplements - Consumer.

Supplements can raise nutrient intake when food falls short. They cannot replace varied food; taking several products can push some nutrients too high.

[Read the original source](#)

The research behind the plan

Primary studies and clinical guidance. Numbers describe study groups, not your personal odds.

[8] Fertility supplement trial

Schisterman et al. JAMA, 2020. Randomized trial in 2,370 couples.

Male folic acid plus zinc did not improve semen quality or live birth compared with placebo. Filling a known gap differs from promising a fertility treatment.

[Read the original source](#)

[9] Ejaculation frequency and the fertile window

ASRM Practice Committee. Optimizing natural fertility, 2022.

Intercourse every 1-2 days in the fertile window gives the highest chances. Daily intercourse need not be limited; long abstinence is not required.

[Read the original source](#)

[10] Sleep and time to pregnancy

Wise et al. Fertility and Sterility, 2018. Prospective study of 1,176 couples.

Men sleeping under 6 hours had a lower per-cycle chance of conception than men reporting 8 hours. Self-reported sleep and other factors limit cause-and-effect claims.

[Read the original source](#)

[11] Sleep duration for adults

CDC. About Sleep.

Adults aged 18-60 need at least 7 hours. Sleep needs vary; ongoing sleep problems deserve care.

[Read the original source](#)

[12] Stress and semen quality

Janevic et al. Fertility and Sterility, 2014. Observational study of 193 men.

Perceived stress and stressful life events were linked with some poorer semen measures. Stress reduction was not tested as a fertility treatment.

[Read the original source](#)

[13] The six-day window

Wilcox et al. New England Journal of Medicine, 1995. Prospective study of 221 women.

Observed conceptions followed intercourse within the five days before estimated ovulation or on that day. Calendar dates alone cannot locate ovulation precisely.

[Read the original source](#)

[14] Sauna exposure and sperm

Garolla et al. Human Reproduction, 2013. Study of 10 men.

Repeated sauna sessions for 3 months were followed by poorer sperm measures, which recovered after exposure stopped. Small study; not a safe-temperature rule.

[Read the original source](#)

The research behind the plan

Primary studies and clinical guidance. Numbers describe study groups, not your personal odds.

[15] Food and sperm measures

Salas-Huetos et al. American Journal of Clinical Nutrition, 2018. FERTINUTS randomized trial.

In 119 healthy men, adding 60 g mixed nuts daily for 14 weeks improved several sperm measures. Pregnancy outcomes were not established; avoid nuts if allergic.

[Read the original source](#)

[16] Testosterone and sperm production

AUA/ASRM. Diagnosis and Treatment of Infertility in Men, amended 2024. Statement 42.

Testosterone taken from outside the body can suppress sperm production, sometimes to zero. Review treatment with the prescriber; do not change it yourself.

[Read the original source](#)

[17] How long sperm development takes

Misell et al. Journal of Urology, 2006. Human labeling study of 11 men.

Newly labeled sperm first appeared after an average of 64 days, with a range of 42-76 days. A 13-week habit plan is not a precise biological reset.

[Read the original source](#)

[18] Cycle dates and regular attempts

NHS. Trying to get pregnant; Periods and fertility in the menstrual cycle.

A simple approach is intercourse every 2-3 days through the cycle. Ovulation is usually about 14 days before the next period, with variation between people and cycles.

[Read the original source](#)

[19] Stopping alcohol safely

NHS. Alcohol-use disorder.

Stopping suddenly can be dangerous with alcohol dependence. Get medical help to make a safe plan.

[Read the original source](#)

[20] When to seek a fertility evaluation

ASRM Practice Committee. Fertility evaluation of infertile women, 2021.

Evaluate after 12 months if under 35, or 6 months if 35 or older. Discuss care sooner if over 40 or there are known concerns. Assess both partners when relevant.

[Read the original source](#)
