

# POST IVF HORMONE RECOVERY CHECKLIST

2025



# WHO THIS IS FOR?

IF YOU'VE BEEN THROUGH IVF OR OTHER FERTILITY TREATMENTS AND YOU'RE FEELING EXHAUSTED, FOGGY, OR UNLIKE YOURSELF—THIS IS FOR YOU. THIS CHECKLIST GIVES YOU A CLEAR STARTING POINT TO BEGIN HEALING YOUR HORMONES AND YOUR LIFE.



# STEP 1: GET THESE 5 LABS CHECKED

(ASK YOUR DOCTOR TO RUN THESE OR REQUEST THROUGH A PRIVATE LAB)

- FULL THYROID PANEL (TSH, FREE T3, FREE T4, REVERSE T3, TPO ANTIBODIES)
- DUTCH TEST (OR BASIC HORMONE PANEL: ESTROGEN, PROGESTERONE, TESTOSTERONE)
- CORTISOL (AM + PM IF POSSIBLE)
- VITAMIN D
- HBA1C AND FASTING INSULIN

WHY? THESE MARKERS REVEAL HIDDEN IMBALANCES KEEPING YOU TIRED, MOODY, OR STUCK IN WEIGHT GAIN.

## STEP 2: REMOVE THESE 3 HORMONE DISRUPTORS

- FRAGRANCE-HEAVY BEAUTY OR CLEANING PRODUCTS (SWAP FOR NON-TOXIC)
- PLASTICS (ESPECIALLY AROUND FOOD AND WATER)
- CAFFEINE OVERLOAD (ESPECIALLY IF YOU'RE RUNNING ON EMPTY)

WHY? SMALL EXPOSURES DAILY  
ADD UP—AND YOUR POST-IVF  
BODY IS ALREADY  
OVERWHELMED.

## STEP 3: ADD 2 SIMPLE HORMONE-SUPPORTIVE MEALS THIS WEEK TRY:

- A BLOOD-SUGAR BALANCING BREAKFAST (THINK: PROTEIN + FAT + FIBER)
- A MINERAL-RICH DINNER (LEAFY GREENS + ROOT VEGGIES + CLEAN PROTEIN)

WHY? NUTRITION IS A CORE PART OF HORMONE HEALING. EVERY MEAL IS A MESSAGE TO YOUR BODY.

## STEP 4: CREATE A SLEEP RECOVERY RITUAL INCLUDE:

- NO SCREENS 1 HOUR BEFORE BED
- MAGNESIUM + HERBAL TEA
- GENTLE BREATHWORK OR JOURNALING

WHY? HORMONES REGULATE  
WHILE YOU SLEEP. A  
PREDICTABLE WIND-DOWN  
ROUTINE TELLS YOUR NERVOUS  
SYSTEM IT'S SAFE TO REST.

# STEP 5: TRACK THESE 3 SYMPTOMS FOR 7 DAYS

USE A SIMPLE JOURNAL OR APP TO MONITOR:

- MOOD + ENERGY LEVELS
- BLOATING OR CYCLE CHANGES
- SLEEP QUALITY

WHY? PATTERNS REVEAL ROOT CAUSES—AND PROGRESS. WHAT GETS TRACKED, GETS HEALED.

STEP 6: REBUILD TRUST WITH YOUR  
BODY EACH MORNING,  
TRY THIS PROMPT:

“ BODY, I HEAR  
YOU. THANK YOU  
FOR...”

- THEN WRITE DOWN ONE THING  
YOU APPRECIATE, EVEN IF IT'S  
JUST GETTING OUT OF BED

WHY? POST-IVF HEALING IS  
PHYSICAL AND EMOTIONAL. YOUR  
BODY WANTS TO HEAL WITH YOU  
—NOT AGAINST YOU.



# ABOUT ME

I'M A HORMONE HEALTH COACH WHO HELPS WOMEN RECOVER THEIR HORMONES—AND THEIR LIVES—AFTER FERTILITY TREATMENTS LIKE IVF. YOU ARE NOT BROKEN. YOU DESERVE CARE, CLARITY, AND A PATH FORWARD.

 DM ME ON INSTAGRAM  
[[@THE.HORMONE.HAVEN](#)] TO  
CHAT OR ASK QUESTIONS.

 WANT MORE SUPPORT?  
[WWW.THEHORMONEHAVEN.COM](http://WWW.THEHORMONEHAVEN.COM)

YOU ARE SO MUCH MORE THAN  
YOUR LAB RESULTS. YOU'VE  
GOT THIS. 