

HOLISTIC FERTILITY®

MY FERTILITY FILE

My Personal Fertility Record

A practical record for keeping tests, results, treatment cycles, questions and decisions together in one place.

Complete it digitally or print it.

1. My fertility picture at a glance

Age	
How long we have been trying	
Main diagnosis / current assessment	
Doctor / Clinic	
Next step	

2. Cycle & Ovulation

Average cycle length	
Regular / irregular	
Likely ovulation day	
Important notes	

3. Hormonal & Ovarian Assessment

AMH	
FSH (cycle day)	
LH	
Estradiol / E2	
Progesterone	
TSH	
Prolactin	
AFC	

4. Uterus & Tubes

Ultrasound	
HSG / HyCoSy	
Hysteroscopy	
Other finding	

5. Male Factor

Semen analysis date	
Volume	
Concentration	
Motility	
Morphology	
Doctor / andrologist comment	

6. IUI / IVF History

Date / Cycle	Treatment	Oocytes	Mature	Fertilised	Blastocysts	Transfer / Outcome

7. Questions for my next appointment

1.
2.
3.
4.
5.
6.

8. What we decided

9. Documents I have collected

- ☐ Hormone tests
- ☐ Ultrasound / AFC
- ☐ Tubal assessment
- ☐ Semen analyses
- ☐ Embryology reports
- ☐ IVF cycle summaries
- ☐ Genetic tests
- ☐ Other

This is an organisational and educational tool. It does not interpret results and does not replace your doctor or fertility clinic.