

BONUS #1

The WOMBREADY™

4-Week Success Companion™

Your First 30 Days of Healthy Fertility Preparation



WEEK-BY-WEEK ACTION PLAN



NOURISH YOUR BODY



BALANCE YOUR HORMONES



REST. REDUCE STRESS. RESTORE YOUR ENERGY.



BUILD HEALTHY HABITS THAT SUPPORT FERTILITY

4-WEEK FERTILITY PLAN

WEEK 1	Detox & Reset	☒
WEEK 2	Nourish & Strengthen	☒
WEEK 3	Balance & Restore	☒
WEEK 4	Prepare & Align	☒

I AM PREPARING FOR NEW LIFE ❤️

SMALL STEPS TODAY.
A FERTILE TOMORROW.

PREPARING MY BODY.
ALIGNING MY MIND.
WELCOMING MY BABY.

FAITH
FOCUS
FERTILITY



NOURISH YOUR BODY



BALANCE YOUR HORMONES



SUPPORT YOUR FERTILITY



PREPARE FOR NEW LIFE

AFRIWELL™
WELLNESS ACADEMY

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About This Companion Workbook

Congratulations on taking another important step toward preparing for your fertility journey.

If you're reading this, you've already made a meaningful decision—to move beyond simply searching for answers and begin preparing with purpose.

The WOMBREADY™ 4-Week Success Companion™ was created by **AFRIWELL™ Wellness Academy** to work alongside **The WOMBREADY™ 90-Day Fertility Preparation Method**. While the main guide provides the knowledge and practical education, this companion workbook helps you put that knowledge into action through simple daily habits, weekly planning, and personal reflection.

Preparation is more than reading information. It is about developing healthy routines, making informed choices, strengthening communication as a couple, and remaining consistent throughout your journey.

This workbook has been carefully designed to help you stay organized over the next 90 days without becoming overwhelmed. Every section encourages you to focus on practical actions that support your overall health and wellbeing while helping you prepare confidently for the road ahead.

Remember that everyone's fertility journey is different. Progress should never be measured by comparison with others but by the healthy habits, informed decisions, and positive changes you make along the way.

At **AFRIWELL™ Wellness Academy**, we believe that preparation begins with knowledge, grows through consistency, and is strengthened by hope.

We encourage you to complete each section honestly, celebrate every small victory, support one another with patience, and continue seeking appropriate professional healthcare whenever necessary.

Most importantly, remember that this workbook is not about achieving perfection. It is about building consistency—one day, one week, and one informed decision at a time.

How to Use This Workbook:

This companion workbook is simple to use and is most effective when completed alongside **The WOMBREADY™ 90-Day Fertility Preparation Method**.

To get the greatest benefit from this workbook:

1. Read the Main Guide First

Before completing each section, read the corresponding chapters in **The WOMBREADY™ 90-Day Fertility Preparation Method** to understand the principles behind each activity.

2. Stay Consistent Spend just a few minutes each day reviewing your progress, completing your checklists, and recording your observations. Small, consistent actions are more effective than occasional bursts of effort.

3. Work Together

This workbook is designed for married couples. Set aside time each week to discuss your progress, encourage one another, and review your shared goals.

4. Be Honest

There are no right or wrong answers. Your responses are for your personal growth and reflection. The more honest you are, the more valuable this workbook will become.

5. Focus on Progress

Don't worry if every day doesn't go as planned. What matters most is your willingness to keep learning, adjusting, and moving forward together.

AFRIWELL™ Wellness Tip

Healthy habits are built one decision at a time. Every positive choice you make today is an investment in your future wellbeing. Consistency—not perfection—is the foundation of lasting change.

Now, let's begin your 90-day journey together.

Our 90-Day Couple Commitment

"Preparation begins with a decision. Progress comes from staying committed to that decision every single day."

Welcome to the beginning of your 90-day preparation journey.

This is more than a workbook—it's a commitment to investing in your health, strengthening your marriage, and making informed decisions together. Before you begin tracking your progress, take a few moments with your spouse to complete this page honestly.

There is no perfect answer. Simply write from your heart.

Our Journey

Husband's Name:

Wife's Name:

Our 90-Day Start Date:

Our Expected Completion Date:

Why Are We Beginning This Journey?

Take a few moments to discuss and write down your reasons for starting this 90-day preparation together.

What Do We Hope to Achieve Over the Next 90 Days?

Tick the goals that are most important to both of you.

☐ Improve our understanding of fertility and reproductive wellness.

- ☐ Build healthier daily lifestyle habits.
 - ☐ Improve our nutrition and hydration.
 - ☐ Develop better sleep and stress-management routines.
 - ☐ Strengthen communication within our marriage.
 - ☐ Learn how to make informed health decisions.
 - ☐ Prepare for productive discussions with qualified healthcare professionals.
 - ☐ Grow emotionally and spiritually together.
 - ☐ Support one another with patience, love, and understanding.
 - ☐ Other:
-

Our Commitment to One Another

As husband and wife, we understand that preparing for pregnancy is a shared journey.

We commit to encouraging one another, communicating honestly, making healthy lifestyle choices together, and approaching this season with patience, wisdom, and hope.

We understand that while we cannot control every outcome, we can choose to prepare ourselves physically, emotionally, and relationally by taking one informed step at a time.

Husband's Signature

Date: _____

Wife's Signature

Date: _____

AFRIWELL™ Wellness Tip

Preparation is strongest when it is shared.

Encourage one another instead of placing blame. Celebrate small victories together, speak kindly during difficult moments, and remember that every positive step you take as a couple strengthens not only your preparation but also your relationship.

Our Theme for the Next 90 Days

"Together, we choose knowledge over confusion, preparation over pressure, and hope over fear."

AFRIWELL™ Wellness Academy

Empowering Health. Inspiring Hope. Transforming Lives.

Weeks 1–4 Action Planner

"Great journeys are not completed in one giant leap—they are completed through small, consistent steps taken every day."

The first four weeks of your 90-day preparation are about building a strong foundation. Instead of trying to change everything at once, focus on creating healthy routines that you and your spouse can maintain together.

Remember, this workbook is not about perfection. If you miss a day or fall behind, don't give up. Simply continue where you left off and keep moving forward.

Week 1: Building the Right Foundation

This Week's Focus

Become familiar with the principles in **The WOMBREADY™ 90-Day Fertility Preparation Method** and begin making simple, healthy lifestyle improvements.

This Week's Action Checklist

- ☐ Read the assigned section of the main guide.
- ☐ Discuss your fertility goals with your spouse.
- ☐ Begin drinking adequate water daily.
- ☐ Aim for consistent, restful sleep.

- ☐ Include more nutritious foods in your meals.
 - ☐ Engage in light physical activity suitable for your health.
 - ☐ Spend time encouraging one another.
 - ☐ Record one thing you learned this week.
- Weekly Reflection What healthy change are we most proud of this week
-
-

Week 2; Building Healthy Daily Habits

This Week's Focus

Strengthen the healthy habits you started last week and begin creating a routine you can maintain.

This Week's Action Checklist

- ☐ Continue your healthy eating habits.
- ☐ Stay physically active.
- ☐ Reduce unnecessary stress where possible.
- ☐ Practice good sleep habits.

- ☐ Spend quality time communicating with your spouse.
- ☐ Review your progress together.
- ☐ Celebrate one positive improvement.

Weekly Reflection

What was our biggest challenge this week, and how can we improve?

Week 3: Growing Together as a Couple

This Week's Focus

Remember that preparing for pregnancy is a shared journey. Healthy communication and mutual support are just as important as healthy lifestyle choices.

This Week's Action Checklist

- ☐ Encourage one another every day.
- ☐ Set aside time for meaningful conversation.
- ☐ Review your shared goals.

- ☐ Continue healthy lifestyle habits.
- ☐ Complete your daily wellness tracker.
- ☐ Pray or reflect together if this is part of your family's practice.

Weekly Reflection

How did we support one another this week?

Week 4: Reviewing Your First Month

Congratulations!

You've completed the first month of your preparation journey. This is a great opportunity to reflect on your progress before moving into the next phase.

This Week's Action Checklist

- ☐ Review the first four weeks together.
- ☐ Identify habits that have become easier.
- ☐ Identify habits that still need improvement.
- ☐ Continue your healthy routines.

☐ Prepare your goals for the next four weeks.

End of Month Reflection

What have we learned during our first month?

What healthy habits do we want to continue?

Our First-Month Progress Score

Healthy Lifestyle Habits



Communication as a Couple



Consistency



Hope and Motivation



Overall Progress



(Circle or shade the number of stars that best reflects your progress.)

AFRIWELL™ Wellness Tip

Don't underestimate the power of consistency.

Healthy routines are built one choice at a time. Every nutritious meal, every encouraging conversation, every good night's sleep, and every informed decision contributes to your overall wellbeing.

Keep moving forward. Small, consistent actions often produce meaningful results over time.

"Progress is measured one healthy choice at a time."

Congratulations!

You've completed the first four weeks of your The WOMBREADY™ 4-Week Success Companion™, and that's an achievement worth celebrating.

Every healthy choice you've made, every habit you've started, and every lesson you've learned has helped lay a stronger foundation for the journey ahead.

But this is only the beginning.

The next chapters of your WOMBREADY™ 90-Day Fertility Preparation Method™ will take you even deeper into practical strategies, informed preparation, and healthy habits that can support your overall wellbeing and strengthen your journey together.

Don't stop here.

Continue with the main guide.

Explore your remaining bonus resources.

And let the WOMBREADY™ Guided Audio Companion Series™ encourage and support you every step of the way.

Your future is not built in a single day—it is shaped by the positive choices you continue to make.

Keep learning.

Keep preparing.

Keep growing.

Your best chapters are still ahead.

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