

LET US TALK ABOUT

The Resonant Fertility Foundation Checklist

Building the healthiest possible foundation for future generations, one daily habit at a time.

DR. LEILA DOOLITTLE

WELCOME

Healthy fertility is built on ordinary days.

Healthy fertility is created through consistent daily habits rather than occasional perfect days.

Use this checklist as a simple guide to help build a healthier internal environment before conception. Progress matters more than perfection. Simply aim to make these habits part of your everyday lifestyle.

Each section pairs the checklist with a short look at the science, so you can see why each habit matters for you and for the family you are preparing to welcome.

With care,
Dr. Leila Doolittle





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THE PRECONCEPTION WINDOW

Why the months before matter

The egg. An egg spends roughly three months in its final stage of development before ovulation, sensitive to nutrition, blood sugar, sleep, and stress along the way.

The sperm. Sperm take about two to three months to form and mature, so the habits of the father in the season before conception matter too.

The first weeks. The neural tube closes about four weeks after conception, often before a pregnancy is known.

The foundation for a pregnancy is laid months before the positive test, by both partners.



CHAPTER ONE

Nourish

Every cell that builds a new life is assembled from the nutrients you take in today.



NUTRITION

Building materials for a new life

Eggs and sperm are among the most metabolically active cells in the body. Protein, healthy fats, folate, iron, choline, and antioxidants all supply the raw materials for healthy development.

- [ ] Eat three nutrient-dense meals each day.
- [ ] Include a quality source of protein with every meal.
- [ ] Eat a variety of colorful vegetables every day.
- [ ] Include fruit daily.
- [ ] Choose healthy fats such as olive oil, avocado, nuts, seeds, and fatty fish.
- [ ] Eat fiber-rich foods to support digestive and metabolic health.



NUTRITION, CONTINUED

How you eat matters too

Slow, unhurried meals shift the nervous system toward rest and digest, which supports digestion and absorption of the nutrients you worked to choose.

- [ ] Limit ultra-processed foods whenever possible.
- [ ] Minimize refined sugars and sugary beverages.
- [ ] Stay well hydrated throughout the day.
- [ ] Eat slowly and mindfully.
- [ ] Stop eating when comfortably satisfied rather than overly full.
- [ ] Prepare meals at home whenever practical.



BLOOD SUGAR BALANCE

Steady fuel, steady hormones

Insulin and the reproductive hormones are in constant conversation. Insulin resistance is common in polycystic ovary syndrome, one of the leading causes of irregular ovulation.

- [ ] Eat protein within one to two hours of waking.
- [ ] Avoid skipping meals if it causes fatigue or blood sugar instability.
- [ ] Pair carbohydrates with protein and healthy fats.
- [ ] Avoid frequent snacking out of habit rather than hunger.
- [ ] Go for a short walk after meals whenever possible.



CHAPTER TWO

Restore

Hormones keep time. Sleep and movement are the signals that keep that clock accurate.



SLEEP AND RECOVERY

Darkness protects the egg

Melatonin is found in the fluid that surrounds a developing egg, where research suggests it acts as a protective antioxidant. A regular sleep and wake time also steadies the brain clocks that help time the cycle.

- [ ] Aim for seven to nine hours of sleep each night.
- [ ] Maintain a consistent bedtime.
- [ ] Wake at approximately the same time each morning.
- [ ] Reduce screen exposure before bed.
- [ ] Keep your bedroom cool, dark, and quiet.
- [ ] Spend time outdoors soon after waking to support your circadian rhythm.



MOVEMENT

Move often, and with joy

Regular moderate movement improves insulin sensitivity, circulation, and mood. Very intense training without enough food, on the other hand, can quiet ovulation, so balance matters.

- [ ] Walk every day.
- [ ] Strength train at least two to four times each week.
- [ ] Stretch or perform mobility exercises regularly.
- [ ] Avoid prolonged sitting.
- [ ] Complete your Functional Neurology exercises.
- [ ] Choose movement you genuinely enjoy.



CHAPTER THREE

Protect

A calm nervous system, healthy mitochondria, and a thriving gut protect the earliest stages of life.



STRESS RESILIENCE

Safety is a reproductive signal

Ovulation begins with a rhythmic signal from the hypothalamus in the brain. Chronic stress, under-eating, and over-training can slow that signal, which is why the nervous system is part of fertility care.

- [ ] Practice deep breathing.
- [ ] Spend time outdoors.
- [ ] Laugh often.
- [ ] Spend quality time with people you love.
- [ ] Schedule time for rest and recovery.
- [ ] Practice gratitude.
- [ ] Protect time for hobbies and recreation.



CELLULAR HEALTH

The power plants of a new life

A mature egg carries hundreds of thousands of copies of mitochondrial DNA, more than almost any other cell. A baby inherits its mitochondria from the mother, so their health is part of the foundation.

- [ ] Take supplements as recommended.
- [ ] Eat adequate protein.
- [ ] Eat foods rich in antioxidants.
- [ ] Include omega-3 rich foods regularly.
- [ ] Avoid tobacco and recreational drugs.
- [ ] Limit excessive alcohol intake.
- [ ] Support healthy mitochondrial function through nutritious food, movement, and restorative sleep.



GUT HEALTH

The gut helps balance estrogen

Gut bacteria influence how estrogen is cleared and recycled, help make vitamins, and train the immune system. A diverse microbiome is part of a balanced hormonal environment.

- [ ] Eat a wide variety of plant foods each week.
- [ ] Include fermented foods if appropriate for you.
- [ ] Stay hydrated.
- [ ] Support regular bowel movements.
- [ ] Eat slowly and chew food thoroughly.
- [ ] Pay attention to foods that consistently make you feel unwell.



CHAPTER FOUR

Environment and Connection

Your home, your relationship, and your mindset form the climate a family grows in.



ENVIRONMENTAL HEALTH

Lowering the daily load

Some compounds in plastics and fragrance can interact with hormone signaling. Lowering daily exposure is one of the simplest ways to support both partners.

- [ ] Drink filtered water.
- [ ] Store food in glass or stainless steel whenever possible.
- [ ] Reduce unnecessary plastic use.
- [ ] Wash produce thoroughly.
- [ ] Improve indoor air quality by opening windows when appropriate.
- [ ] Choose household and personal care products with fewer unnecessary chemicals whenever practical.
- [ ] Avoid smoking and secondhand smoke.



RELATIONSHIP HEALTH

A shared journey

Connection calms the nervous system. Shared meals, honest conversation, and laughter are not extras; they shape the emotional home a child will grow in.

- [ ] Eat meals together whenever possible.
- [ ] Spend intentional quality time with your partner.
- [ ] Communicate openly and respectfully.
- [ ] Support each other throughout this journey.
- [ ] Celebrate progress together.

Remember that preparing for pregnancy is a shared responsibility.



MINDSET

Consistency over perfection

The path to a family is rarely a straight line. A kind, steady mindset protects the nervous system you are working so hard to support.

- [ ] Focus on consistency rather than perfection.
- [ ] Celebrate small improvements.
- [ ] Avoid comparing your journey to others.
- [ ] Trust the process.
- [ ] Remember why you started.
- [ ] Choose progress every day.



WEEKLY CHECK-IN

At the end of each week, ask yourself:

- [ ] What healthy habits became easier this week?
- [ ] What challenged me the most?
- [ ] What is one habit I want to strengthen next week?
- [ ] What progress am I proud of?
- [ ] How did I care for myself this week?

Write your answers down. Over a few months, these notes become a clear picture of how far you have come.



REMEMBER

Healthy pregnancies begin with healthy habits.

Healthy habits become healthy lifestyles.
Healthy lifestyles create healthy families.

Every nourishing meal, every restorative night of sleep, every walk, every workout, every moment of laughter, every opportunity to reduce stress, and every decision to care for yourself becomes an investment in your future.

The goal is not perfection. The goal is to become just a little healthier today than you were yesterday.

Over time, those small improvements become extraordinary transformations.



MY CLINICAL LENS

What I look at before conception

- Ferritin and iron status, vitamin D, B12, and folate
- A full thyroid panel with thyroid antibodies
- Fasting insulin and glucose
- Omega-3 status and inflammatory markers
- Gut health and toxic burden, including mold, when the history suggests it
- Nervous system regulation, sleep, and stress physiology through a comprehensive functional neurological exam

Both partners benefit from this look upstream.

ABOUT THE AUTHOR

Dr. Leila Doolittle

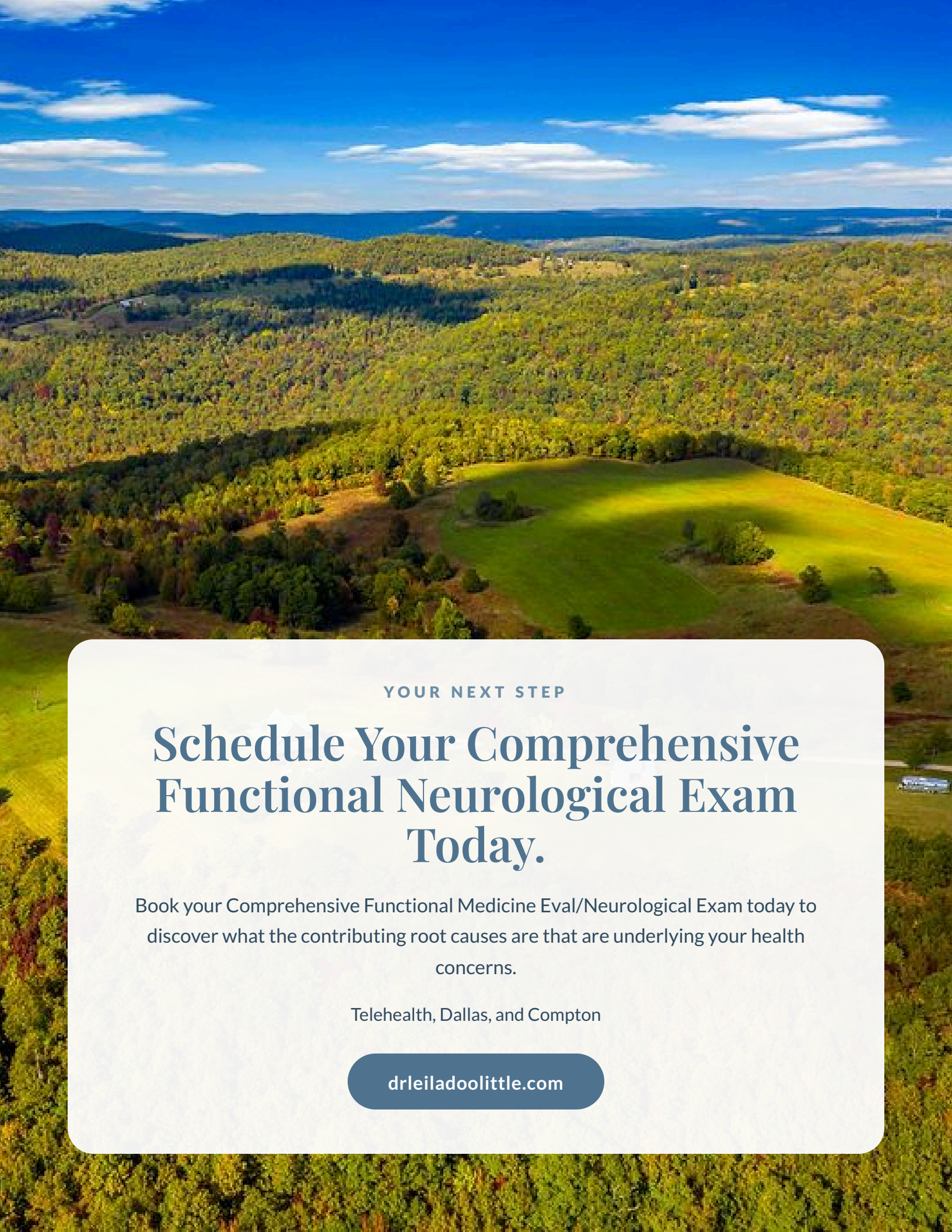


Dr. Leila Doolittle is a Doctor of Chiropractic practicing Functional Medicine and Functional Neurology. She is the founder and lead clinician of Resonance Wellness and the host of The Resonant Life Podcast.

Her work brings together extended laboratory testing, comprehensive functional neurological exams, NeuroQuant brain imaging, and a deep respect for the body as one connected system. She looks for the contributing root causes beneath symptoms, from blood sugar and the gut to the endocrine and nervous systems.

Raised on an Ozark farm, she now spends much of her time on the land she loves, where she is building Resonant Ranch, a place where the land itself is part of the medicine.

This guide is for education. It is not a substitute for individual care. Please consult your own clinician before making changes, especially if you are pregnant, trying to conceive, nursing, or managing a health condition.



YOUR NEXT STEP

Schedule Your Comprehensive Functional Neurological Exam Today.

Book your Comprehensive Functional Medicine Eval/Neurological Exam today to discover what the contributing root causes are that are underlying your health concerns.

Telehealth, Dallas, and Compton

drleiladoolittle.com