

# Pre-Conception CHECK LIST



- ☐ Read a book
- ☐ Test your fitness
- ☐ Take your pills
- ☐ Cleanse your body
- ☐ Get maternity insurance
- ☐ Medical check
- ☐ Vaccinate
- ☐ Interview oBs
- ☐ Dental Work
- ☐ Genetic screening