

To Get Pregnant





Arrange a preconception exam to evaluate personal, family, and medical history



Determine ovulation time and engage in sexual activity during those days



Check to see if you require genetic carrier screening



Start folic acid supplementation after consulting a doctor



Quit tobacco, alcohol, and illegal drugs



Eat nutritious food and a balanced diet



Monitor your caffeine intake



Maintain a healthy weight



Source: https://www.momjunction.com/articles/what-is-the-best-age-to-getpregnant_0095228/