

# Self-Fertility Assessment Scoring Sheet\*

## INSTRUCTIONS:

Answer the questions below and note the points for each response. Add up your scores at the end.

A higher score indicates a higher likelihood of fertility, while a lower score may suggest potential fertility concerns.

## SECTION 1: FEMALE PARTNER

### Menstrual Health & Ovulation

#### 1. Do you have regular menstrual cycles

(every 21–35 days)?

- Yes (3 points)
- No, they are irregular (1 point)
- No, I have very rare or absent periods (0 points)

#### 2. Do you experience severe pain, heavy bleeding, or unusual spotting?

- No (3 points)
- Occasionally (2 points)
- Frequently (1 point)
- Always (0 points)

#### 3. Do you notice signs of ovulation (e.g., mid-cycle pain, clear cervical mucus)?

- Yes, every cycle (3 points)
- Sometimes (2 points)
- Rarely or never (0 points)

### Medical & Lifestyle Factors

#### 4. How old are you (age of woman planning to get pregnant in years)?

- 20–35 (3 points)
- 34–45 (2 points)
- > 45 (0 points)

#### 5. Outcome of Previous Pregnancy(s) if any

- Pregnancy was successful (3 points)
- History of one or more Miscarriages (0 points)
- Child Born with Genetic Defect (0 points)

#### 6. Have you been diagnosed with PCOS, endometriosis, fibroids, or other reproductive conditions?

- No (3 points)
- Yes, but managed (2 points)
- Yes, unmanaged (0 points)

#### 7. Have you had any pelvic infections, STIs, or surgeries affecting fertility?

- No (3 points)
- Yes, treated (2 points)
- Yes, untreated (0 points)

#### 8. How often do you engage in regular physical activity (at least 30 minutes of exercise, 3–5 times a week)?

- Regularly (3 points)
- Sometimes (2 points)
- Rarely or never (0 points)

#### 9. Do you smoke or consume alcohol regularly?

- No (3 points)
- Occasionally (2 points)
- Yes, frequently (0 points)

#### 10. Do you experience high levels of stress or anxiety?

- No (3 points)
- Sometimes (2 points)
- Yes, frequently (1 point)

#### 11. What is your Body Mass Index (BMI)?

- 18.5 – 24.9 (3 points)
- 25 – 29.9 or 17 – 18.4 (2 points)
- <17 or >30 (0 points)

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## SECTION 2: MALE PARTNER

### Sperm Health & Sexual Function

**1. Do you have a normal sex drive and no issues with erections or ejaculation?**

- Yes (3 points)
- Occasionally (2 points)
- Frequently have issues (0 points)

**2. Have you ever had a semen analysis?**

- Yes, normal (3 points)
- Yes, but abnormal (1 point)
- No (2 points)

### Medical & Lifestyle Factors

**3. Have you had any history of STIs, testicular injuries, or surgeries affecting fertility?**

- No (3 points)
- Yes, treated (2 points)
- Yes, untreated (0 points)

**4. Do you smoke, drink alcohol, or use recreational drugs?**

- No (3 points)
- Occasionally (2 points)
- Yes, frequently (0 points)

**5. Do you work in environments with high heat exposure, radiation, or toxins?**

- No (3 points)
- Occasionally (2 points)
- Yes, frequently (0 points)

**6. What is your Body Mass Index (BMI)?**

- 18.5 – 24.9 (3 points)
- 25 – 29.9 or 17 – 18.4 (2 points)
- <17 or >30 (0 points)

**7. Do you experience high levels of stress or anxiety?**

- No (3 points)
- Sometimes (2 points)
- Yes, frequently (1 point)

**8. How old are You at the time of trying to conceive?**

- 20s (3 points)
- 30s (2 points)
- >40 ((1 point)

**9. How often do you engage in regular physical activity (at least 30 minutes of exercise, 3-5 times a week)?**

- Regularly (3 points)
- Sometimes (2 points)
- Rarely or never (0 points)

## SCORING & INTERPRETATION

48-60 Points:	Optimal Fertility Health	Likely to have good fertility health. No major concerns, but always consult a doctor if trying to conceive for over a year.
36-47 Points:	Mild fertility concerns.	Consider lifestyle changes and medical checkups for both partners.
24-35 Points:	Moderate fertility risk.	A fertility specialist consultation is recommended.
Below 24 Points:	High fertility risk.	Medical evaluation is strongly advised.

**\*Disclaimer:** This self-fertility assessment is for informational purposes only and does not provide a medical diagnosis. The scores reflect potential infertility risks based on your responses and may not accurately represent your true fertility status. The best way to assess your reproductive health is by consulting a qualified fertility specialist and undergoing a comprehensive fertility evaluation. If you have concerns about your fertility, seek professional medical advice. For more reliable and scientifically-backed fertility information, visit [IVFandICSI.com](http://IVFandICSI.com).