ARDENT WORKSHOP

FREE TRACKER · ARDENT WORKSHOP

IVF One-Cycle Tracker

One round, kept properly. Free from Ardent Workshop.

Free tracker guide

Your free one-round tracker

Treatment is a lot of small facts: what you took and when, what came back from each visit, what it cost, how you felt. This free tracker keeps one round of them in one file, so you are not hunting through texts and portals when the clinic asks.

THIS FILE RECORDS. IT DOES NOT ADVISE.

This workbook records what your clinic tells you. It does not calculate doses or give medical advice. Doses are copied as text from your clinic's sheet, and lab values and follicle counts are stored as reported, with no ranges, flags, benchmarks or predictions. Follow your clinic's instructions, and call them with any question about your care.

The six tabs

Tab	What it holds
Start Here	What the file is, how to clear the example, and where to go next.
My Round	The round's dates and outcome in your own words, with counts taken from the other tabs: days in the round, doses logged, monitoring visits, total billed and total you paid, plus when you last used each injection site.
Medication Log	One row per dose, copied as written on your clinic's sheet, with the site, status and side effects. The day of the round fills in for you.
Monitoring Log	One row per visit. Lab values are stored as reported and follicle counts as recorded, with no ranges or flags. The total is a plain sum of the two counts.
Round Costs	Date, provider, what it was, billed, you paid, and a running total.
Journal	A few lines on the days you want them, with a two-week wait block below.

Clear the example and start yours

1. Open **IVF-One-Cycle-Tracker.xlsx** in Excel, Google Sheets (upload it to your own Drive) or LibreOffice. Every tab opens on a fictional first round so you can see it working.
2. Select the cream ranges named on the **Start Here** tab and press Delete. Leave the navy cells alone: they hold the counting. Do not delete whole rows or columns.
3. Start on **My Round** with your start date. The day-of-round column on the log tabs counts from it.
4. Copy each dose exactly as your clinic's sheet words it. The tracker never works one out.
5. Type lab values as the report shows them. Nothing here judges a number, because what it means for you is your care team's call.

The example round ends without the result the person hoped for. That is on purpose: it shows how to record a hard outcome plainly, in your own words, and keep the notes you will want for the next conversation with your clinic.

What the example looks like

The first doses of the example round, as they sit on the Medication Log. The dose column holds the clinic's words, never a number this file worked out.

Date	Medication	Dose	Site	Status
Feb 2	Stim medication A	As written on clinic sheet	Left abdomen	Taken
Feb 3	Stim medication A	As written on clinic sheet	Right abdomen	Taken
Feb 4	Stim medication A	As written on clinic sheet	Left thigh	Taken
Feb 5	Stim medication A	As written on clinic sheet	Right thigh	Taken
Feb 5	Stim medication B	As written on clinic sheet	Right thigh	Taken

And the first bills, as they sit on Round Costs:

Date	Provider	What it was	Billed	You paid
Jan 20	Sample Clinic North	Initial consult	$450	$320
Feb 1	Sample Pharmacy	Stimulation and trigger medications	$1,900	$1,900
Feb 2	Sample Clinic North	Baseline visit and scan	$800	$240

The Two-Week Wait

One line a day after your transfer or IUI. Write as much or as little as you want. Bring your questions to the clinic.

Day	Date	How today went	What you want to remember

One round is a record. Every round is the picture.

This free version keeps one round properly. If you are planning more than one, or the bills are the part that keeps you up at night, the full tracker picks up where this stops.

WHAT THE FULL TRACKER ADDS

The full **IVF Cycle Tracker & Fertility-Clinic Decision Helper** keeps every round in one file, up to eight, and adds: a **Bills & EOB** tab that checks each bill against the explanation of benefits from your insurer and gives it a named status; **Open Bills** and **Plan-Year Benefits** views; a **Funding** view with HSA/FSA records (a record, not tax advice); a **Round-by-Round** comparison and a **Next-Round Brief** on your own numbers; **Clinic Quotes** laid out line by line, with every Unknown line counted as a question to ask the clinic and an incomplete quote kept out of the cheapest-quote comparison; **Embryo Results**, **Supplies & Sites** and a **Today** view; and a one-click **Google Sheets** copy. It records and never advises, like this one. **Get the full IVF Cycle Tracker ›**

See the full range at **ardentworkshop.com**.

The clinic, dates, medications and amounts in the example are invented and illustrative. This workbook records what your clinic tells you. It does not calculate doses or give medical advice.

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