

## MARQUETTE UNIVERSITY INSTITUTE FOR NATURAL FAMILY PLANNING

LAST 12 CYCLES    SHORTEST \_\_\_\_\_ LONGEST \_\_\_\_\_    EARLIEST DAY OF PEAK IN LAST 6 CYCLES \_\_\_\_\_    DATE FOR BEGINNING THIS CHART: \_\_\_\_\_

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
Cycle 1 Date																																									
Monitor																																									
Mucus																																									
Intercourse = I																																									
Cycle 2 Date																																									
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Cycle 3 Date																																									
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Cycle 4 Date																																									
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Cycle 5 Date																																									
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Cycle 6 Date																																									
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**TO AVOID PREGNANCY: Do not have intercourse during fertile window:**  
 1. Fertility **BEGINS** on day 6 during the first 6 cycles; After 6 cycles of charting then  
 2. Fertility **BEGINS** on the earliest **PEAK DAY** during the last 6 cycles minus 6 days  
 3. Fertility **ENDS** on the last **PEAK DAY** plus **THREE** full (24 hour) days  
 4. Only have intercourse at the **END** of the day in the pre Peak phase!

**TO ACHIEVE PREGNANCY = Have Intercourse on High and Peak days**

**Couple Intention Recording:** (Place a check next to your intention before beginning each cycle)

Cycle 1: Avoid \_\_\_\_\_ Achieve \_\_\_\_\_    Cycle 2: Avoid \_\_\_\_\_ Achieve \_\_\_\_\_  
 Cycle 3: Avoid \_\_\_\_\_ Achieve \_\_\_\_\_    Cycle 4: Avoid \_\_\_\_\_ Achieve \_\_\_\_\_  
 Cycle 5: Avoid \_\_\_\_\_ Achieve \_\_\_\_\_    Cycle 6: Avoid \_\_\_\_\_ Achieve \_\_\_\_\_

**Coding System: Menses:**

3 = heavy bleeding  
 2 = moderate bleeding  
 1 = light bleeding or spotting

**Coding Mucus Fertility Level:**

L = Low-(thick, scant, cloudy) or dry no mucus  
 H = High-(thinner, cloudy, slight stretch)  
 P = Peak-(clear, slippery, stretchy)

Monitor: L = Low: H = High: P = Peak

Fertile Window:

**Monitor + Mucus Recording Chart**