

MARQUETTE UNIVERSITY INSTITUTE FOR NATURAL FAMILY PLANNING

LAST 6 CYCLES SHORTEST 27 LONGEST 31 EARLIEST P IN LAST 6 CYCLES 14 LATEST P IN LAST 6 CYCLES _____ DATE BEGINNING CHART: TWO

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								FERTILE WINDOW																																								
Clearplan Recording								L	L	H	H	H	H	H	P	P	H	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L						
Intercourse = I			I		I	I														I		I			I	I		I																				
Cycle 2 Date								FERTILE WINDOW																																								
Clearplan Recording								L	L	L	L	L	L	H	H	H	H	P	P	H	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L					
Intercourse = I				I	I		I															I				I			I																			
Cycle 3 Date								FERTILE WINDOW																																								
Clearplan Recording								L	L	L	L	L	L	L	L	L	L	P	P	H	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L					
Intercourse = I				I	I		I																I			I	I		I																			
Cycle 4 Date								FERTILE WINDOW																																								
Clearplan Recording								L	L	L	L	L	L	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	L	L					
Intercourse = I				I																				I		I	I																I					
Cycle 5 Date								FERTILE WINDOW																																								
Clearplan Recording								L	L	L	L	L	L	L	L	P	P	H	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L					
Intercourse = I				I	I																		I	I	I		I		I		I																	
Cycle 6 Date								FERTILE WINDOW																																								
Clearplan Recording								L	L	H	H	H	H	H	H	P	P	H	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L	L				
Intercourse = I				I						I		I	I	I	I	I							I				I	I		I																		

pregnant +

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 day of Peak during the last 6 cycles minus 6 days
 3. Fertility ENDS on the last PEAK day plus THREE full days; After 6 cycles
 4. Fertility ENDS on the last PEAK day of the last 6 cycles plus THREE full days

Coding System:
 Menses = 3 heavy; 2 moderate; 1 light
 Low Fertility = L
 High Fertility = H
 Peak Fertility = P
 Fertile Window =

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