

MARQUETTE UNIVERSITY INSTITUTE FOR NATURAL FAMILY PLANNING

LAST 12 CYCLES SHORTEST 27 LONGEST 31 EARLIEST DAY OF PEAK IN LAST 6 CYCLES _____ DATE FOR BEGINNING THIS CHART: CHART ONE _____

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																																											
Mucus Recording																																											
Intercourse = I																																											
Cycle 2 Date																																											
Mucus Recording																																											
Intercourse = I																																											
Cycle 3 Date																																											
Mucus Recording																																											
Intercourse = I																																											
Cycle 4 Date																																											
Mucus Recording																																											
Intercourse = I																																											
Cycle 5 Date																																											
Mucus Recording																																											
Intercourse = I																																											
Cycle 6 Date																																											
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Intercourse = I																																											

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)
 Fertile Window =

Marquette Mucus Recording Chart