

## MARQUETTE UNIVERSITY INSTITUTE FOR NATURAL FAMILY PLANNING

LAST 6 CYCLES    SHORTEST \_\_\_\_\_ LONGEST \_\_\_\_\_ EARLIEST P IN LAST 6 CYCLES \_\_\_\_\_ LATEST P IN LAST 6 CYCLES \_\_\_\_\_ DATE BEGINNING 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																																											
Clearplan Recording																																											
Intercourse = I																																											
Cycle 2 Date																																											
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Cycle 3 Date																																											
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Cycle 4 Date																																											
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Intercourse = I																																											
Cycle 5 Date																																											
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Intercourse = I																																											
Cycle 6 Date																																											
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**TO AVOID PREGNANCY: Do not have intercourse during fertility**

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

**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; 2 moderate; 1 light

Low Fertility    = L

High Fertility    = H

Peak Fertility    = P

Fertile Window =

## MARQUETTE UNIVERSITY FERTILITY MONITOR CHART