

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																																									
Mucus Recording																																									
Intercourse = I																																									
Cycle 2 Date																																									
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Intercourse = I																																									
Cycle 3 Date																																									
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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