

# 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						FERTILE WINDOW																																														
Clearplan Recording	3	3	2	1	L	L	L	L	H	H	H	H	P	P	P	H	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											
Intercourse = I			I																	I		I				I	I		I																							
Cycle 2 Date						FERTILE WINDOW																																														
Clearplan Recording	2	3	3	2	L	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	3	3	3	2	1	L	L	L	L	L	L	L	L	H	P	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										
Intercourse = I				I																				I		I	I		I																							
Cycle 4 Date						FERTILE WINDOW																																														
Clearplan Recording	2	3	3	2	1	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	L										
Intercourse = I				I																					I		I		I																							
Cycle 5 Date						FERTILE WINDOW																																														
Clearplan Recording	3	3	2	2	L	L	L	L	L	L	L	L	H	H	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																						
Cycle 6 Date						FERTILE WINDOW																																														
Clearplan Recording	2	3	2	2	L	L	L	L	L	L	L	L	H	H	H	H	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										
Intercourse = I				I																					I		I	I		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**