

MARQUETTE UNIVERSITY INSTITUTE FOR NATURAL FAMILY PLANNING

LAST 12 CYCLES SHORTEST 27 LONGEST 31 EARLIEST DAY OF PEAK IN LAST 6 CYCLES 14 DATE FOR BEGINNING THIS CHART: 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	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	L					
Intercourse = 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		I																					
Cycle 3 Date								FERTILE WINDOW																																								
Clearplan Recording								H	H	H	H	H	H	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	L					
Intercourse = I				I																				I	I		I																					
Cycle 4 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	L				
Intercourse = I				I																			I		I	I		I																				
Cycle 5 Date								FERTILE WINDOW																																								
Clearplan Recording								L	L	L	L	L	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				
Intercourse = I				I	I																	I	I		I	I		I																				
Cycle 6 Date								FERTILE WINDOW																																								
Clearplan Recording								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	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 X Achieve Cycle 2: Avoid X Achieve
 Cycle 3: Avoid X Achieve Cycle 4: Avoid X Achieve
 Cycle 5: Avoid X Achieve Cycle 6: Avoid X 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 = 