### Marquette Mucus Recording Chart

**Recording:**
- **Clearplan Recording**: L = Low, H = High
- **Intercourse**: I

#### Fertile Window

**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

**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 mucus
- H = High (thinner, cloudy, slight stretch)
- P = Peak (clear, slippery, stretchy)