# Marquette Mucus Recording Chart

**Cycle 1 Date**
- Mucus Recording: L
- Intercourse = I

**Cycle 2 Date**
- Mucus Recording: L
- Intercourse = I

**Cycle 3 Date**
- Mucus Recording: H
- Intercourse = I

**Cycle 4 Date**
- Mucus Recording: H
- Intercourse = I

**Cycle 5 Date**
- Mucus Recording: L
- 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 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 =**