

# 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						<b>FERTILE WINDOW</b>																																																							
Clearplan Recording	3	3	2	1	L	L	L	H	H	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	L	L	L	L	L																	
Intercourse = I			I																	I		I				I	I		I																																
Cycle 2 Date						<b>FERTILE WINDOW</b>																																																							
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	L	L	L	L																
Intercourse = I				I	I																I					I			I																																
Cycle 3 Date						<b>FERTILE WINDOW</b>																																																							
Clearplan Recording	3	3	3	2	1	L	L	L	L	L	L	L	L	L	L	L	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	L	L	L														
Intercourse = I				I																																																									
Cycle 4 Date						<b>FERTILE WINDOW</b>																																																							
Clearplan Recording	2	3	3	2	1	L	L	L	L	L	L	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	H	L	L	L	L												
Intercourse = I				I																																																									
Cycle 5 Date						<b>FERTILE WINDOW</b>																																																							
Clearplan Recording	3	3	2	2	L	L	L	L	L	L	L	L	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	L	L	L	L	L	L	L	L	L	L											
Intercourse = I				I	I																																																								
Cycle 6 Date						<b>FERTILE WINDOW</b>																																																							
Clearplan	2	3	2	2	L	L	L	L	L	L	L	L	L	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	L	L	L	L	L	L	L	L	L										
Intercourse = 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 day of Peak during the last 6 cycles minus 6 days  
 3. Fertility ENDS on the last PEAK day plus THREE full days; After 6 cycles  
 4. Fertility ENDS on the last PEAK day of the last 6 cycles plus THREE full days

**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; 2 moderate; 1 light  
 Low Fertility = L  
 High Fertility = H  
 Peak Fertility = P  
 Fertile Window =

## MARQUETTE UNIVERSITY FERTILITY MONITOR CHART