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 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 Achieve X

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