**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 X 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**