

MARQUETTE UNIVERSITY INSTITUTE FOR NATURAL FAMILY PLANNING

LAST 12 CYCLES SHORTEST _____ LONGEST _____ EARLIEST DAY OF PEAK IN LAST 6 CYCLES _____ DATE FOR BEGINNING THIS CHART: _____

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																																											
Monitor																																											
Mucus																																											
Intercourse = I																																											
Cycle 2 Date																																											
Monitor																																											
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Intercourse = I																																											
Cycle 3 Date																																											
Monitor																																											
Mucus																																											
Intercourse = I																																											
Cycle 4 Date																																											
Monitor																																											
Mucus																																											
Intercourse = I																																											
Cycle 5 Date																																											
Monitor																																											
Mucus																																											
Intercourse = I																																											
Cycle 6 Date																																											
Monitor																																											
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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 _____ Achieve _____ Cycle 2: Avoid _____ Achieve _____
 Cycle 3: Avoid _____ Achieve _____ Cycle 4: Avoid _____ Achieve _____

Coding System: Menses:
 4 = heavy bleeding
 3 = moderate bleeding
 2 = light bleeding
 1 = 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)
 Monitor: L = Low: H = High: P = Peak



Cycle 3: Avoid _____ Achieve _____ Cycle 4: Avoid _____ Achieve _____
Cycle 5: Avoid _____ Achieve _____ Cycle 6: Avoid _____ Achieve _____



MARQUETTE MODEL
Natural Family Planning

