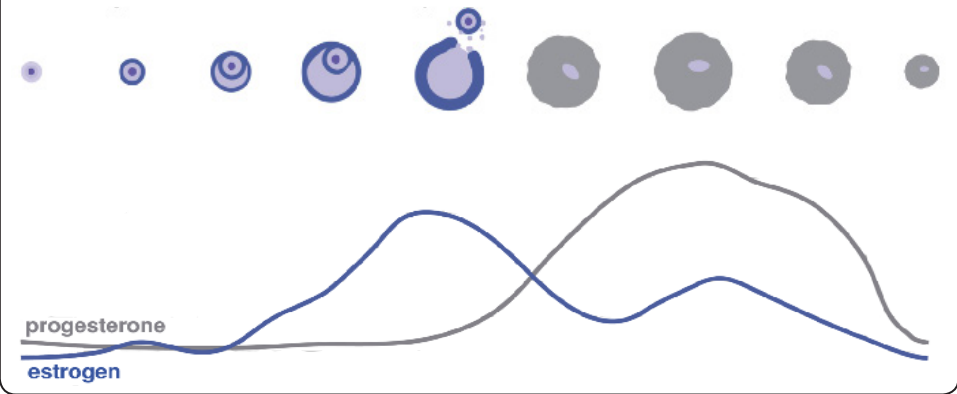


Hormonal activity in a cycle



Observation	Charting symbol	Fertility
menstruation, any bleeding	H = heavy, M = medium, L = light, S = spotting, B = brown	hormonal activity to be determined
dryness	G = progesterone	infertile
changes to moist	EL = estrogen rising	increasing fertility
stretchy, clear, slippery, very fluid	ES = estrogen high last day of ES is Peak day	fertile
changes to dry	1-2-3 = count 3 days after Peak day	fertile
dry until end of cycle	G = progesterone	infertile
pasty, sticky, unchanging	chart color chart also any E mucus or bleeding	hormonal activity to be determined

Identifying ovulation

Ovulatory phase:

- begins at 'point of change' to EL or ES mucus
- ends at Peak day + count of 3 days

Count 3 days of possible fertility after:

- Peak day or ES mucus
- any bleeding other than period

Count 4 days of possible fertility after LH surge

FEMM Family Planning

Chart Intercourse = I

To avoid pregnancy, use:

- pre-ovulatory phase**
 - alternate dry days, evening
- post-ovulatory phase**
 - 4th day after Peak day

To achieve pregnancy, use:

- ovulatory phase**
 - days of ES mucus



Name

Date

