

Cycle tracking: how to observe and record your data

Start a new cycle chart on day one of your period. This means enough bleeding to need a pad, tampon or menstrual cup. Shade relevant boxes and record any spotting before your next period with *.

Waking temperature

Take your temperature around the same time each morning, give or take 30 minutes. Do this after **at least three hours of sleep** and before you have a drink, get out of bed, or start talking.

1. To improve accuracy, place the thermometer in your mouth one minute before you turn it on.
2. To improve sleep, turn it off and remove from your mouth as soon as it beeps to indicate your temperature has been taken.
3. When you are ready to record it on your chart or app, turn the thermometer back on to see the most recent temperature.
4. To record your temperature, draw a **dot** in the middle of the relevant box and connect the dots. If you miss a day, leave the box empty and a gap in the line.

You can **adjust your temp** if you take it earlier or later than usual, and it's between 5.30am and 11am. Only bother at crucial time. Move it up one box for each hour earlier, down one box for each hour later. Make it clear it is an adjusted temp by also marking actual temp and time taken.

Fluid

Notice vaginal fluid during the day, in the shower and when you wipe after using the loo. **Shade** relevant box in the **evening**:

- Stretchy - clear, wet, slippery and very stretchy fluid. Might look like raw egg white and be streaked with white. Usually lots of it.
- Sticky - sticky or creamy fluid with very little stretch. White or very pale yellow. Looks like hand lotion or conditioner.
- None - nothing on tissue, might be small traces on underwear.

If you are unsure, shade the highest box - for example "stretchy" rather than "sticky", and "sticky" rather than "none".

Sex

Circle the relevant cycle day if you have unprotected sex.

Comments: medication, events and symptoms

Record medication and anything you think might be relevant or useful in the comments box, or under the relevant day.

Include any significant events that might affect your cycle, such as holidays, work deadlines, sudden weight loss or grief.

You could also note how your energy levels or mood changes during your cycle, and other symptoms or issues such as period pain, sore breasts, acne or headaches.

Cycle length

Your cycle is counted from day one of your period to the day before your next period. For example, if your next period starts on cycle day 30, your cycle length is 29 days.

To finish your chart, mark the first day of your next period and add your cycle length.

Ovulation prediction test (optional)

Might be useful if you have trouble taking your temperature or checking fluid. Start testing based on your shortest cycle length and use until the day after you get a LH surge. Follow kit instructions carefully and write results in comments section.

Interpreting your data

Observing and recording your data is the first step. Next comes interpretation. Check my website or get in touch to find out more:

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Days in a month:	Jan: 31	Feb: 28/9	Mar: 31	Apr: 30	May: 31	Jun: 30	Jul: 31	Aug: 31	Sept: 30	Oct: 31	Nov: 30	Dec: 31
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