

Fertility chart instructions: how to observe and record your data

Start a new chart on day one of your period. This means proper bleeding, enough to need a pad, tampon or menstrual cup. Record any pre-menstrual spotting on your previous chart with an asterisk.

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 it from your mouth as soon as it beeps to indicate your temperature has been taken.
3. When you are ready, turn the thermometer back on. The most recent temperature will be displayed.
4. To record, 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.

If you take it earlier or later than usual, and it's between 5.30am and 11am, you can adjust your temp. Only bother at crucial time. Move it up one box for each hour earlier, down one box for each hour later. Draw a dot in the adjusted place and a small circle in the actual reading position. Write time and any other notes in comments.

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, stress and symptoms

Your cycle can be affected by medication and big changes or stress, good and bad. This includes disturbed nights, work deadlines, sudden weight loss and grief.

Record any potential disruptors using the comments box or the comment section under the relevant day.

You can also note symptoms that might be cycle-related such as period pain, mood changes, acne, sore breasts 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 predictor kit (optional)

These might be helpful if you have difficulties with temperature or 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

Make sure you do this correctly. 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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