

Instructions for this chart:

1. Start a new chart on day 1 of each menstrual cycle (day 1 is the first day of bleeding).
2. Fill in the month and dates.
3. Consult a calendar to see the phases of the moon. In the row marked "Lunar cycle" mark a ● for new moons & ○ for full moons.
4. In the row labeled "Menses" describe the type of flow you are experiencing with the symbols in the legend. It is important to be specific with your descriptions of the blood you are seeing.
5. Check the entrance to your vagina every day with your fingers and notice the quantity and qualities of any cervical mucus that is present there. In the row marked "Cervical Mucus" fill in the boxes as follows:
 - a. Leave the box empty if it is a dry day (no noticeable mucus at the entrance to the vagina)
 - b. Mark a + in the box if there is **infertile** mucus (thick, dry, crumbly, opaque, flaky, holds its shape, doesn't increase in quantity)
 - c. Mark a □ in the box if there is **possibly** fertile mucus (increasing amounts of opaque, thick, damp, tacky, rubbery, pasty, vinegary smelling mucus)
 - d. Mark a ◻ in the box if there **definitely** is fertile mucus (increasing amounts of translucent, milky-white or pink, thin, wet, creamy mucus)
 - e. Mark a ⊠ in the box if there is **extremely** fertile mucus (profuse, translucent, milk-white, slippery, slimy, stretchy, wet, sweet smelling; NB. this type of mucus looks like egg white)
6. For each day, record your basal body temperature (BBT) by drawing an X in the box at the appropriate temperature on the graph. You should take your BBT every morning as soon as you wake up, before you get out of bed.
7. Make notes on the back of the chart regarding other symptoms or activities you experience through the month like spotting between periods, Mittelschmerz (pain around the time of ovulation), PMS symptoms (mood, back ache, cramping, headache, etc.), use of birth control during intercourse, etc.
8. If your cycles are longer than 37 days draw in extra columns in the right margin, or make a note on the back of the page. Even if your cycle is short, be sure to use a new chart for each new cycle so that the cycles are easier to compare afterwards.
9. **Bring in your completed chart (1 cycle) to Dr. Elliott** on your next visit as part of an assessment tool for fertility. Continue to download and chart subsequent cycles.

