

FERTILITY AWARENESS BASICS

CHARTING YOUR CYCLE HAS MANY BENEFITS:

- provides clarity on your fertile window & hormonal health
- increases self awareness around physical & emotional symptoms
- enhances time management practices that are aligned with energetic fluctuations

CHARTING 101:

- the first day of your cycle is the first day of consistent flow (not spotting)
- as you use the restroom throughout the day, take note of cervical mucus on your toilet paper - you'll want to record the most fertile observation as the summary of your entire day
- prior to bed, in the notes section - summarize your emotional experience of the day
- keeping a journal entry alongside your chart (using cycle day #) will provide greater insights
- you may also choose to track everything in a period tracking app/notes app & then jot everything down on the paper chart at the end of the month

AFTER YOU'VE COLLECTED DATA FOR 2-3 MONTHS...

- this is when menstrual cycle awareness really starts to shine!
- you should see some general emotional patterns emerge around certain cycle days (this is why the charts are stacked on top of each other)
- reflect on how you can work **with** these fluctuations (versus pushing through & creating a hormonal imbalance)
- visit [@fertilityawareness.path instagram](#) for cycle syncing tips or join [Menstrual Mental Health facebook group](#) for free trainings & workshops

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 of 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

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