

Fertility Chart

Menstrual Cycle Dates: _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40																
Date																																																								
Time																																																								
Basal Body Temp. (F°)	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99	.99												
	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9											
	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8									
	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7									
	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6								
	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5								
	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4								
	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3							
	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2						
	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1						
	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98	.98						
	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9	.9						
	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8	.8					
	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7					
	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6	.6				
	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5	.5				
	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4	.4				
	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3	.3			
	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2	.2			
.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1	.1				
.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97	.97			
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<p>Cervical Mucus: D = Dry S = Sticky C = Creamy W = Wet PB = Period Bleeding SP = Spotting Other: _____</p>	<p>Cervical Position: 1) H = High or L=Low 2) S = Soft or HR=Hard 3) O = Open or C=Closed</p>	<p>OPK (Ovulation Predictor Kit): LH Surge += Positive Results -= Negative Results</p>
<p>Ovulation Microscopes: Saliva Ferns F = Ferns present T= Transitional N= No ferns present</p>	<p>Ovulation Symptoms: MS = Mood Swings PP = Pelvic pain B = Bloating BT = Breast tenderness Other: _____</p>	<p>Intercourse: UP = Unprotected P = Protected</p>

Fertility Chart Instructions

First and foremost, congratulations on your decision to **have a baby!**

We, at SheCares, are glad to accompany you on this journey by providing you with top quality, research-backed information on the **best pre-pregnancy preparations** so that you transition into motherhood with more ease and in optimal health.

How to Use the Fertility Chart

There are 5 common at-home ovulations tests that can help you understand the **patterns of your menstrual cycle** and teach you how to **estimate your ovulation** with higher precision.

You can choose any of the tests according to your liking. It is recommended, however, not to depend on just one method of ovulation monitoring as it might not produce reliable results. So, choose two or more and continue them for **three or four menstrual cycles**.

Use **one fertility sheet per cycle**. It will make it simpler to view your menstrual patterns cycle to cycle with more clarity.

Here's the essence of the ovulation tests, their purpose, and the signs to pay attention to:

1. Basal Body Temperature (BBT)

- BBT is the body's temperature when fully at rest.
- Measure it **daily first thing in the morning** before getting up, drinking, having sex, etc.
- You will notice a small temperature dip on ovulation day followed by a sharp increase until your next period (4 - 5 days before that dip are the **MOST FERTILE!**)

2. Cervical Mucus

- The consistency of cervical mucus changes throughout the month due to natural hormonal fluctuations.
- Check your cervical mucus by inserting a clean finger into your vagina and examining the fluid on your fingertips.
- From menses until ovulation, it transitions in the following pattern: dry → sticky → creamy → **wet, slippery, and clear** like egg whites (**MOST FERTILE!**)

3. Cervical Position

- The position of the cervix changes throughout the month to facilitate or prevent conception.
- Check your cervix by inserting a clean finger into your vagina and examining its opposite end for its position, firmness, and openness.

- Closer to ovulation, the cervix transitions from being low, hard, and closed to being **high, soft, and open (MOST FERTILE!)**

4. Ovulation Predictor Kits (OPKs)

- OPKs trace the rise in luteinizing hormone (LH) in urine that happens right before ovulation.
- Test for the LH surge by urinating directly on the stick or collecting your urine in a cup and inserting the testing strips.
- Getting a positive result signifies that ovulation is likely to happen in the next **24 - 36 hours (NOW IS A GOOD TIME TO HAVE SEX!)**

5. Ovulation Microscopes

- Ovulation microscopes detect estrogen-triggered crystalline patterns, called ferns, in a sample of dried saliva prior to ovulation.
- Test your saliva with the microscope first thing in the morning before eating or drinking.
- A positive result means that ovulation will likely occur within the next **24 - 72 hours (PLAN HAVING SEX WITHIN THIS TIME FRAME!)**