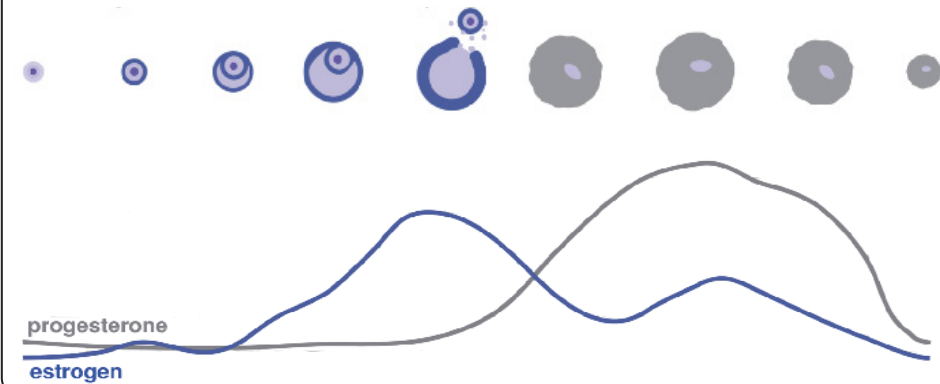


Hormonal activity in a cycle



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 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

Identifying ovulation

Ovulatory phase:

- begins at 'point of change' to EL or ES mucus
- ends at Peak day + count of 3 days

Count 3 days of possible fertility after:

- Peak day or ES mucus
- any bleeding other than period

Count 4 days of possible fertility after LH surge

FEMM Family Planning

Chart Intercourse = I

To avoid pregnancy, use:

pre-ovulatory phase

- alternate dry days, evening

post-ovulatory phase

- 4th day after Peak day

To achieve pregnancy, use:

ovulatory phase

- days of ES mucus

FEMM™
FERTILITY EDUCATION & MEDICAL MANAGEMENT

Name

Date

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