

Using The Fertility Chart

The key step in getting pregnant is figuring out when you ovulate. Use this fertility chart to organize all the necessary information in one place so you can chart your ovulation each month.

Here's how you enter the information in the chart:

- 1 Fill in the date of Day 1 of your cycle at the top of the chart.
- 2 Fill in the day of the week, the first cell being the day of the week that Day 1 began.
- 3 Fill in the day of your cycle, starting, with Day 1. End the Day of Cycle row with your next Day 1 of your next cycle so that you can easily determine the length of your cycle.
- 4 Record the consistency of your cervical mucus in the row designated CM.
 - H (heavy as in menstruation)
 - L (light as in menstruation)
 - S (spotting)
 - D (dry)
 - T (thick)
 - E (egg white, ideal for conceiving)
- 5 Note which days you engage in sex in the Intercourse row.
- 6 Note how your cervix feels in the row Cervix:
 - Firm
 - Soft
- 7 Note the position of the cervix in the row designated CP (Cervix Position):
 - Posterior
 - Midline
- 8 Take your temperature before getting out of bed in the morning or before performing any other activities.
- 9 Mark with a dot your morning temperature to the exact one-tenth of a degree. Temperatures are indicated in vertical columns on both sides of the chart.
- 10 Connect the dots of your temperature.
- 11 Look for a subtle drop in temperature, followed by a rise in temperature. Your temperature should rise at least 0.5 degrees and stays elevated. The drop occurs around ovulation, and the rise indicates an increase in your progesterone levels.
- 12 You should have sex every other day. If not possible, you should at least have sex the day when your temperature drops.