

How to use your chart.

Use your Fertility Tracking Chart to record your symptoms & test results to help determine when/if you are ovulating.

1. On the first day of your period, fill in the date above cycle day. Continue noting the dates of your cycle until the first day of your next period. (Your cycle length is the number of days from the start of one period to the day before the start of next period)
2. Record your BBT taken first thing in the morning before any activity.
3. Check your cervical mucus each day and record the type of discharge. (W=Watery, D = Dry, S = Sticky, E = Egg White)
4. Record your ovulation test results.
Saliva ovulation test:
Negative: pattern of pebbles | Transition: mix of pebbles & ferns | Positive: fern pattern
Urine ovulation test:
Positive is where the test line is the same/darker than the control line.

When did I ovulate?

- Looking back on your cycle look for a day when your BBT rose and stayed high.
- The days when you notice slippery egg-white type mucus are your most fertile.
- Saliva ovulation tests with a fern pattern mean that you are currently ovulating.
- Urine ovulation tests are usually positive about 24hrs before ovulation.

We know that trying to fall pregnant is an exciting time for any couple and it can also be stressful if pregnancy doesn't occur as quickly as you thought it would.

Knowing your fertile days in your cycle is essential, so allow this chart to guide you along your journey.

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Fertility Tracking Chart

HANDY RECORD OF YOUR INFORMATION AND DATES TO TAKE ALONG TO YOUR DOCTORS APPOINTMENTS.

MY LAST 3 MONTHS		
Month		
LMP (Date - Last Menstrual Period)		
Cycle length (Days)		
Ovulation likely took place on (cycle day)		
Notes:		