

## **Charting Your Period – Discover all you need to know about your Fertility!**

Ensure that you download the “Charting Sheet” as you will need that to record your details in. At first, charting may seem a little awkward and you may feel that it doesn’t make sense. Just keep going and after 2 full cycles you will start to notice some patterns emerging. I have analyzed 100s upon 100s of charts and I can’t emphasise enough how much information I can obtain from your chart. I can tell if your progesterone levels are sluggish, your ovulation too late, your thyroid suboptimal and many other conditions that may be affecting your fertility.

- Start on the first day of bleeding (flow, not spotting) which is day 1 of your cycle, mark in the day, date and month. You can then complete the rows Day of the Week, Date and Month
- You should take your temperature daily, before getting out of bed. . Put the dot in the centre of the box. You may need to adjust the reading for an early or late rising. If you rise EARLIER than usual, adjust the temperature UP by 0.05 degrees Celsius for each half hour. If you rise LATER than usual, adjust the temperature DOWN by 0.05 degrees Celsius for each half hour.
- Some conditions can affect your temperature; these include alcohol, fever, a disturbed night or becoming overheated. Make a note if any of these occur.
- Mucous changes– you may have some difficulty with this in the beginning. Instead of trying to make a clear decision about which what type of mucous you are experiencing, simply write down one descriptive word for each category. It really doesn’t matter what words you use as long as they are used consistently, are specific and meaningful to you and describe what happens in our cycle. Fertile mucous is secreted for up to 6 days before ovulation. Fertile mucous is wetter, thinner and more abundant than non-fertile mucous. Mucous changes will tell you that ovulation is not far away.
- Ovulation is generally considered to occur at the beginning of the temperature rise. The temperature rises because of the increased production of progesterone at ovulation. The temperature drops slightly (about 0.3 degrees Celsius) just before ovulation takes place
- Three over six rule – you can be confident that you are no longer fertile when there have been three consecutive temperature readings that are at least 0.1 degree Celsius higher than the previous six readings. Temperature readings will tell you that you have ovulated but do not warn you of the approach of ovulation.