

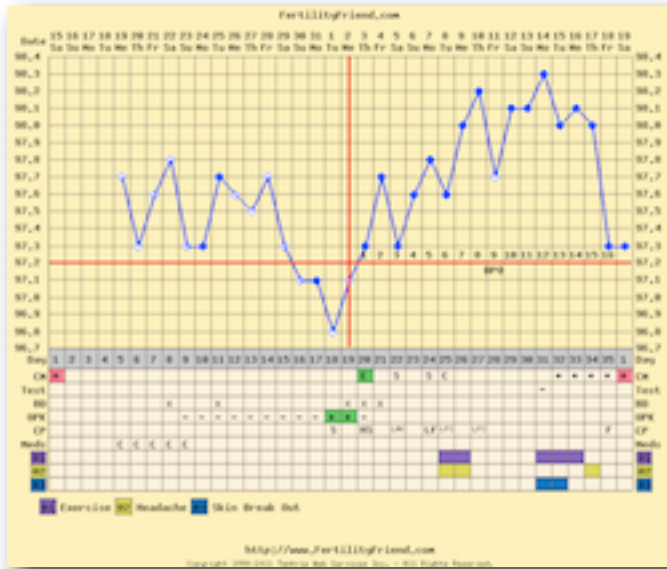


FertilityFriend.com Charting Basics

Fertility Charting Basics

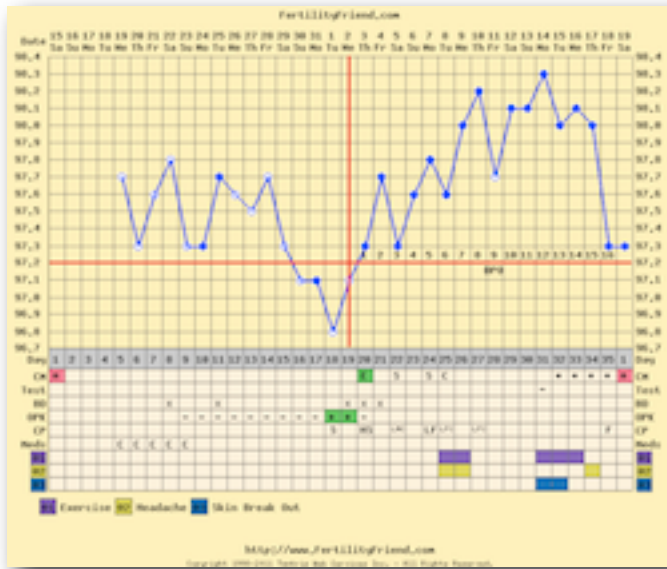
FertilityFriend.com
A Comprehensive Charting System

A screenshot of the FertilityFriend.com website homepage. The page features a navigation menu at the top with links for Home, Charting, Education, Galleries, Forums, Account, and Contact Us. The main content area is divided into several sections: "Charting Apps" (My Chart, Mobile Access, iPhone Apps, Pregnancy Tracker), "Education" (Charting Q&A, Tech Q&A, Videos, Charting Course, Games, Site Blog, Book & Tutorials), "Galleries" (Charts, Stories, Test Results/Photos, Pregnancy Ultrasounds, Pregnancy Signs), "Forums" (Trying To Conceive, Chat Rooms, Community Meter, Pregnancy Forums), "Account" (Settings, Password, Email, Order), and "Contact Us" (Account Support, Charting Support, Terms Of Service, Community Charter, Privacy Policy). The central content area includes a "Welcome to FertilityFriend.com" message, a list of features such as "Free Interactive Ovulation Chart" and "Comprehensive Chart Analysis", a "Community Overview" section with statistics (Gallery Charts: 128000, Members Stories: 3000, Test Photos: 9000, Course Certificates: 15000, Pregnancy Ultrasounds: 12000), and a "Recently Posted Chart" section showing a sample ovulation chart. Three promotional banners are also visible: "Start Charting Now! FREE", "FREE CHARTING LESSONS", and "LEARN the basics in 25 minutes".



In this presentation you will learn:

- Why charting is important and how it can help you **understand your fertility**
- How to **start charting**
- How to **observe and record** your basic fertility signs
- How to find your **best time to conceive**
- How to **recognize ovulation**
- How to **read your chart**



Why Charting?

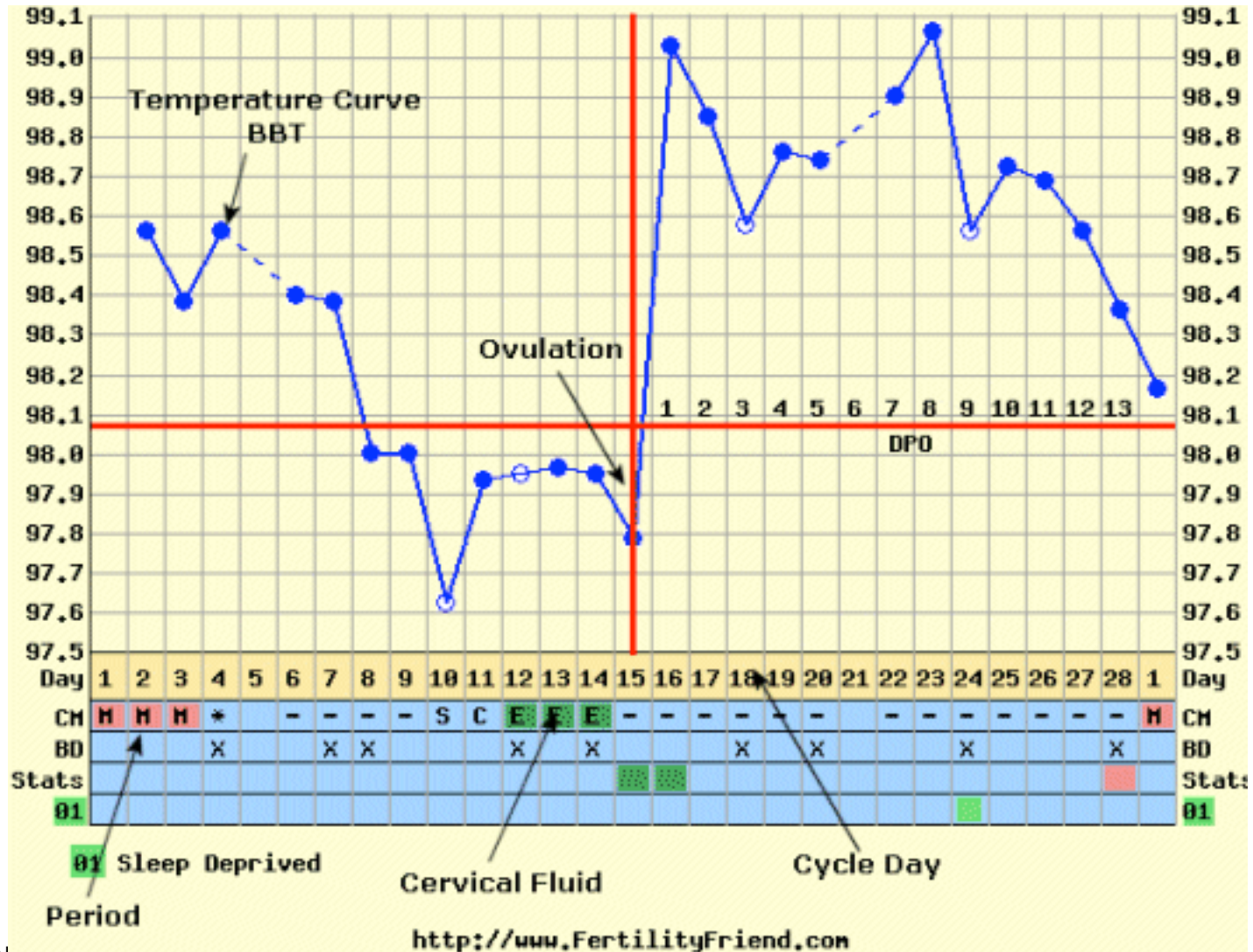
There are just a few **fertile days** each cycle.

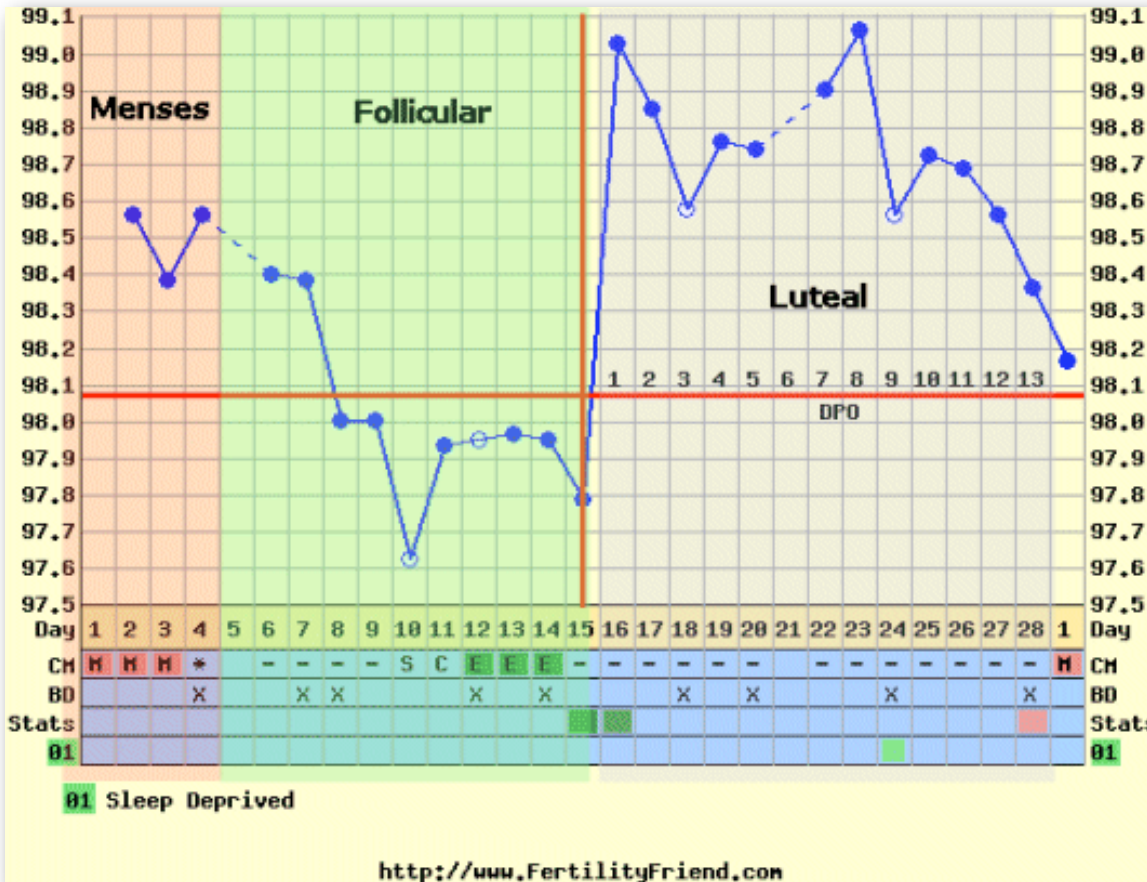
Charting will allow you to:

- Pinpoint the days you can **conceive**
- Find out if and when you **ovulate**
- Monitor your cycles for regularity and any unusual **patterns**
- Monitor your health throughout your cycles
- **Track** and document your conception journey
- **Communicate** effectively with your healthcare provider
- **Plan** and predict your future cycles

Reading your Chart.

Your chart is a compact representation of your cycle:



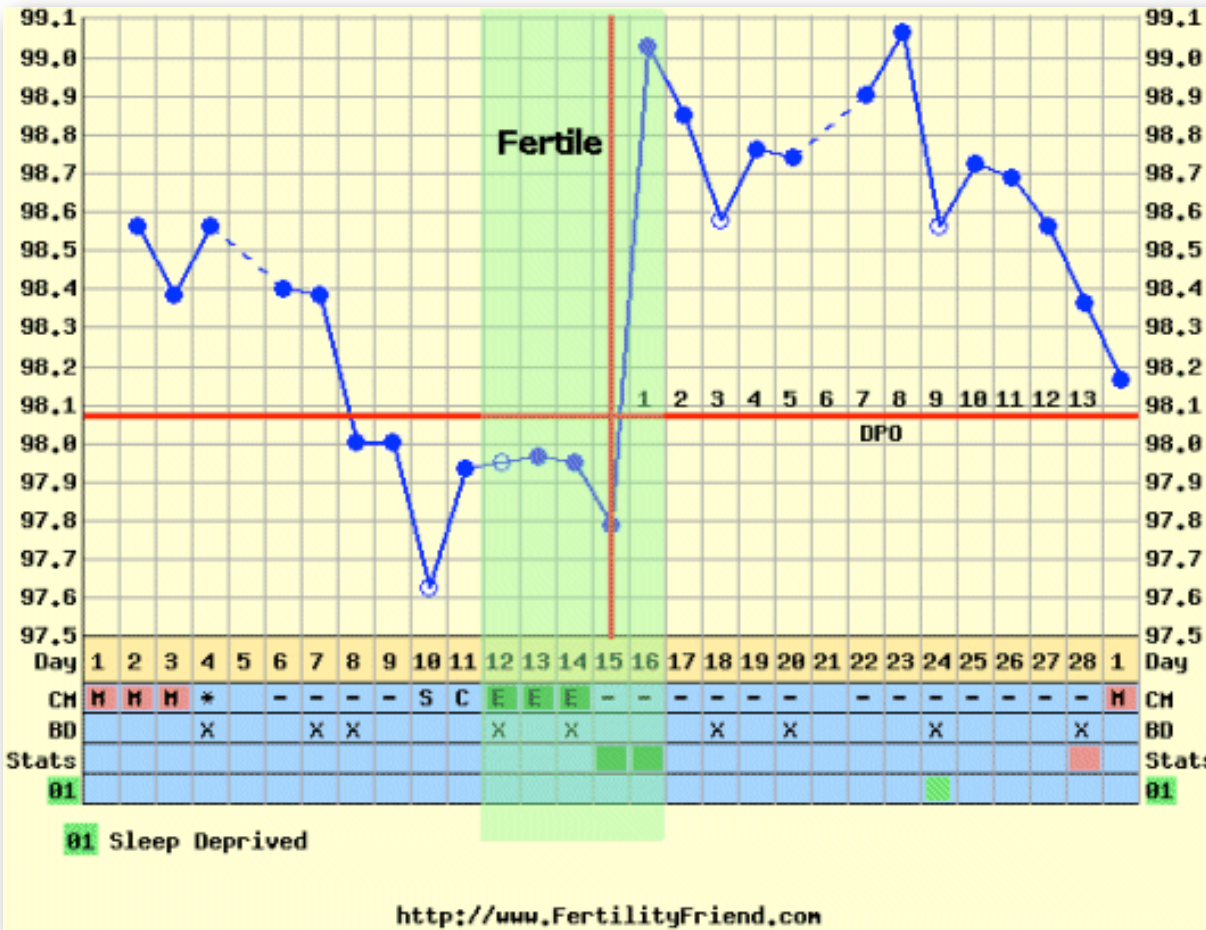


Cycle Phases

Your cycle is composed of the following phases:

- **Menses:** This is your period. Your cycle begins on the first day of your period.
- **Follicular Phase:** This is the time from menses to ovulation. During this phase your eggs mature and your body prepares for ovulation. You are most fertile at the end of this phase. The dominant hormone during this time is estrogen.
- **Luteal Phase:** This is the time between ovulation and your next period. If conception occurred, implantation of a fertilized egg happens about 7 to 10 days into this phase. If there was no conception, the lining of your uterus is shed (your period) and your body prepares for a new cycle. The dominant hormone during this phase is progesterone.

FertilityFriend.com Charting Basics

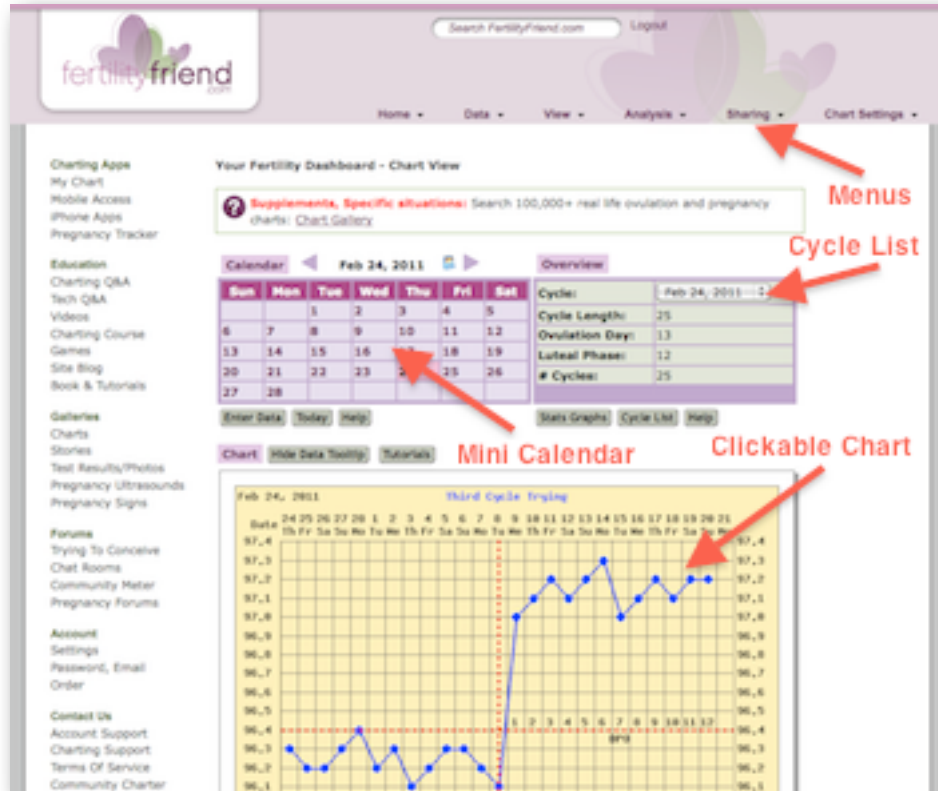


Fertile Phase - Best Time To Conceive

You are **most fertile** during the **few days** preceding ovulation and the day of ovulation.

The main advantage of charting your fertility signs is to be able to **precisely identify** this phase.

Identifying these days and focusing intercourse accordingly **dramatically increases** your **conception** chances.



Menu

Cycle List

Mini Calendar

Clickable Chart

Your Fertility Dashboard - Chart View

Supplements, Specific situations: Search 100,000+ real life evolution and pregnancy charts: Chart Gallery

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

Overview

Cycle:	Feb 24, 2011 - 12
Cycle Length:	25
Ovulation Day:	13
Luteal Phase:	12
# Cycles:	25

Enter Data Today Help

Mini Calendar

Chart

Feb 24, 2011

Third Cycle Tracing

97.4
97.3
97.2
97.1
97.0
96.9
96.8
96.7
96.6
96.5
96.4
96.3
96.2
96.1

24 25 26 27 28 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

97.4
97.3
97.2
97.1
97.0
96.9
96.8
96.7
96.6
96.5
96.4
96.3
96.2
96.1

Using FertilityFriend.com

Once you have configured your account you can start recording your fertility signs using the FertilityFriend.com charting software.

Click on the “My Chart” link on the left hand side to log into your personalized chart.



Data Entry

← Wed Mar 09, 2011 → Cycle 02/24/2011 - GD 14 - 1 DPO

Primary Secondary Tests Specific Meds Custom Appointments

Temperature: 97 Discarded

Time: N/A : N/A : N/A : [Set Default](#)

Cervical Fluid: N/A

Menses/Spotting: N/A

Intercourse/Insemination: N/A

Save Cancel Delete [Fertility Signs Help](#)

Data Entry Form: [Long](#) || [Short](#)

Tip: Use the arrows beside the date at the top to save and enter data for the previous or next day.

Daily Notes:

Starting Your Chart

- Your fertility chart begins on the first day of your last menstrual period.
- This is the first day that you have red blood flow (not spotting).
- This is cycle day one.
- Enter "menses" on the data entry page on the date your last period started.

Data Entry

← Wed Mar 09, 2011 → Cycle 02/24/2011 - CD 14 - 1 DPO

Primary Secondary Tests Specific Meds Custom Appointments

① Temperature: 97 Discarded
 Time: N/A : N/A : N/A : [Set Default](#)

① Cervical Fluid: N/A

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Save Cancel Delete [Fertility Signs Help](#)

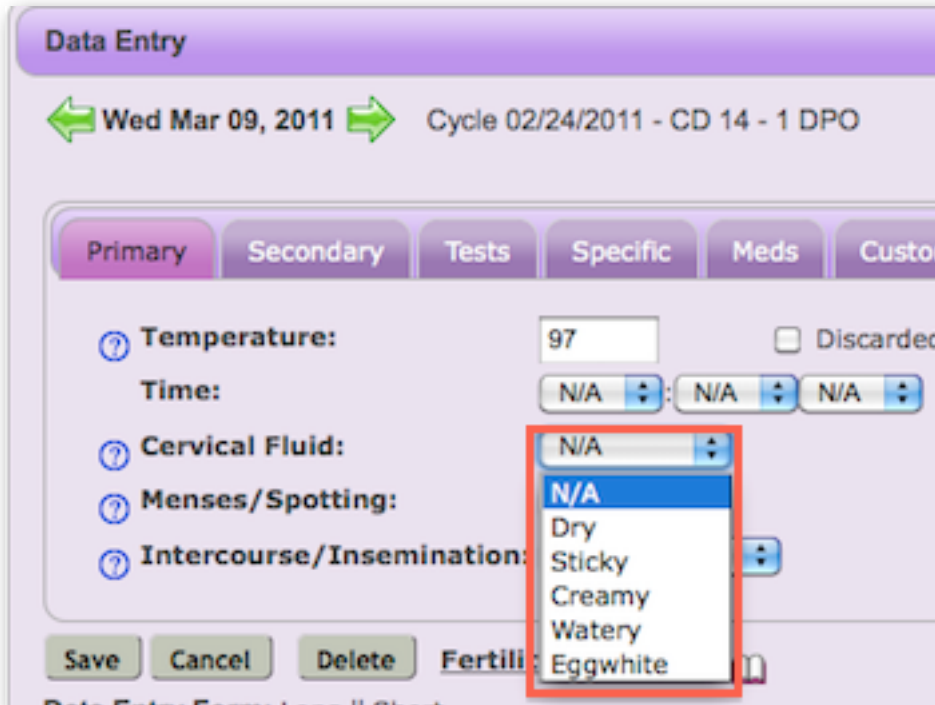
Data Entry Form: [Long](#) || [Short](#)
 Tip: Use the arrows beside the date at the top to save and enter data for the previous or next day.

Daily Notes:

Record Your Fertility Signs Daily

Your primary fertility signs are:

- Basal Body Temperature (BBT)
- Cervical Fluid



Data Entry

← Wed Mar 09, 2011 → Cycle 02/24/2011 - CD 14 - 1 DPO

Primary Secondary Tests Specific Meds Custom

Temperature: 97 Discarded

Time: N/A : N/A : N/A

Cervical Fluid: N/A

Menses/Spotting:

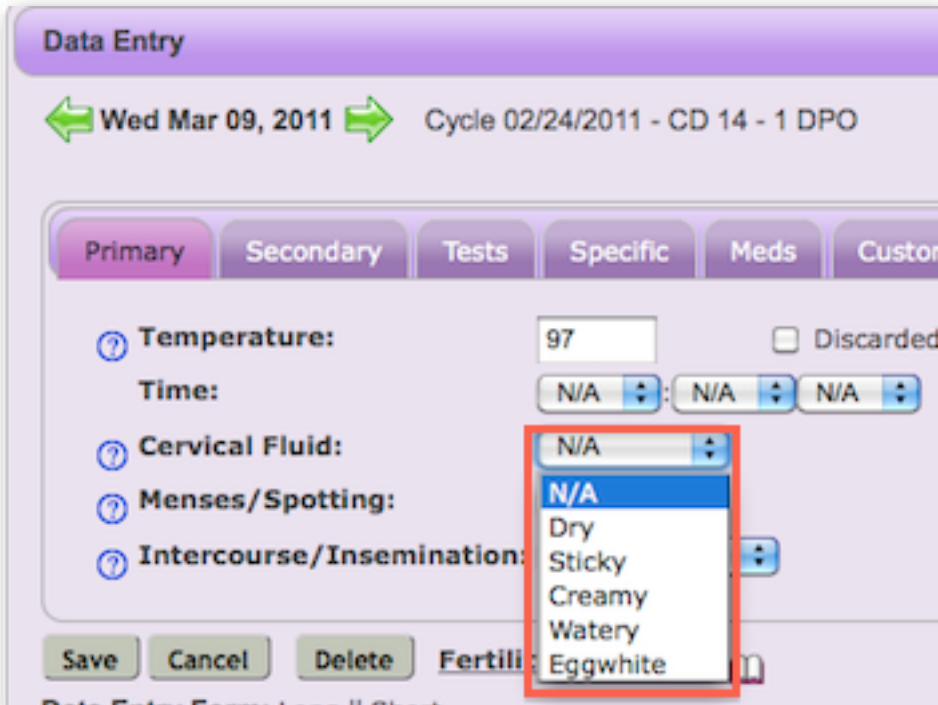
Intercourse/Insemination:

Save Cancel Delete Fertil

Cervical Fluid

Your Cervical Fluid:

- is the fluid produced by the crypts of your cervix
- may also be called Cervical Mucus (CM)
- changes throughout your menstrual cycle depending on your fertility status
- can be observed on toilet tissue when you go to the bathroom
- becomes slippery and like raw **eggwhite** when you are most fertile



Observing and Recording your Cervical Fluid Data

A typical cervical fluid pattern:

- Dry or sticky after Menses
- Creamier (like lotion) as ovulation approaches
- Slippery and stretchy like eggwhite during your most fertile days before ovulation
- Dries up quickly after ovulation.

Record the cervical fluid type that best fits your observations.



Data Entry

← Wed Mar 09, 2011 → Cycle 02/24/2011 - CD 14 - 1 DPO

Primary Secondary Tests Specific Meds Custom Appointments

Temperature: 97 Discarded

Time: N/A : N/A : N/A : Set Default

Cervical Fluid: N/A

Menses/Spotting: N/A

Intercourse/Insemination: N/A

Save Cancel Delete Fertility Signs Help

Data Entry Form: Long || Short

Tip: Use the arrows beside the date at the top to save and enter data for the previous or next day.

Daily Notes:

Basal Body Temperature (BBT)

Your BBT is a primary fertility sign. It will help you pinpoint your ovulation day.

- Your BBT is your **waking temperature** recorded with a BBT thermometer.
- Your BBT **rises after ovulation**.
- The rise is usually about 0.4 F (0.2 C) but may be smaller or greater.
- A few guidelines need to be followed to detect the rise (next slide).
- BBT or accurate digital thermometers are available at most pharmacies and drugstores.



Taking your BBT Accurately

Your BBT is sensitive to external factors. To make sure that you take it as accurately as possible, follow the following recommendations:

- Take your temperature **before doing anything else** when you wake up in the morning.
- Take your temperature at the **same time** every morning.
- Take your temperature after a **solid block of sleep**.
- Take your temperature with a **BBT** thermometer. Any **accurate thermometer** may be suitable (digital are easier to use).

Data Entry

← Wed Mar 09, 2011 → Cycle 02/24/2011 - CD 14 - 1 DPO

Primary Secondary Tests Specific Meds Custom Appointments

Temperature: 97 Discarded

Time: N/A N/A N/A [Set Default](#)

Cervical Fluid: N/A

Menses/Spotting: N/A

Intercourse/Insemination: N/A

Save Cancel Delete [Fertility Signs Help](#)

Data Entry Form: [Long](#) || [Short](#)

Tip: Use the arrows beside the date at the top to save and enter data for the previous or next day.


Daily Notes:

Taking your BBT Accurately

- You can take your temperature orally, vaginally or rectally. Be **consistent** throughout the cycle.
- Record your temperature and the time you took it.

Fertility Analyzer VIP

Status for CD11

Fertility Indicator	Status	Phase
BBT:	Ovulation not detected (More Info..)	 Most Fertile
Cervical Fluid:	Most Fertile	
OPK/Monitor /Microscope:	N/A	
Cervix:	Probably Not Fertile	
Stats:	Probably Not Fertile	

[Details](#) [Help](#)

Most Fertile Days

You are fertile for just a few days each cycle. Intercourse needs to be focused on these days to maximize your conception chances:

- You are most fertile on the days just before and up to ovulation.
- You can only conceive during this phase of your cycle.
- The Fertility Analyzer displays a "Green Light" on your estimated fertile days.



Ovulation Patterns

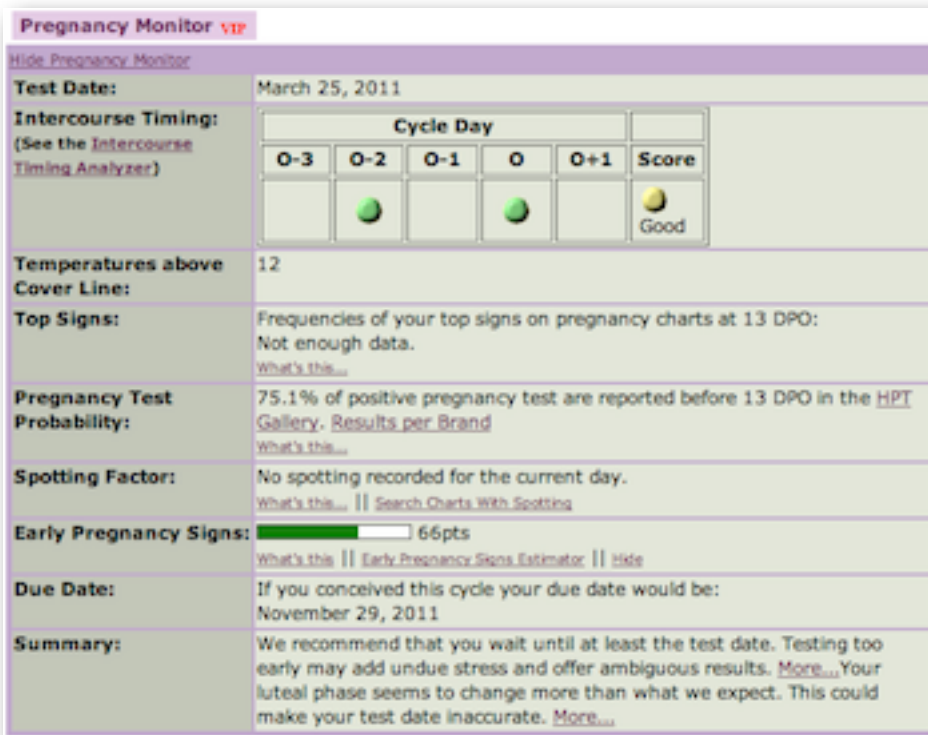
An ovulation pattern is visible on your chart when your fertility signs collectively form a coherent picture:

- Your **BBT will rise** after ovulation.
- Ovulation usually occurs the **day before** your temperature rises.
- Once you have a **sustained rise** (3 days or more) the ovulation detector will automatically mark your ovulation date on the chart (red crosshairs).



After Ovulation

- This phase of your cycle is called the **Luteal Phase (LP)**.
- Your temperature **stays elevated** and your cervical fluid returns to a non-fertile (dry) state.
- The luteal phase can vary from **10 to 16 days** from woman to woman.
- The luteal phase is **usually constant** from cycle to cycle for the same woman.

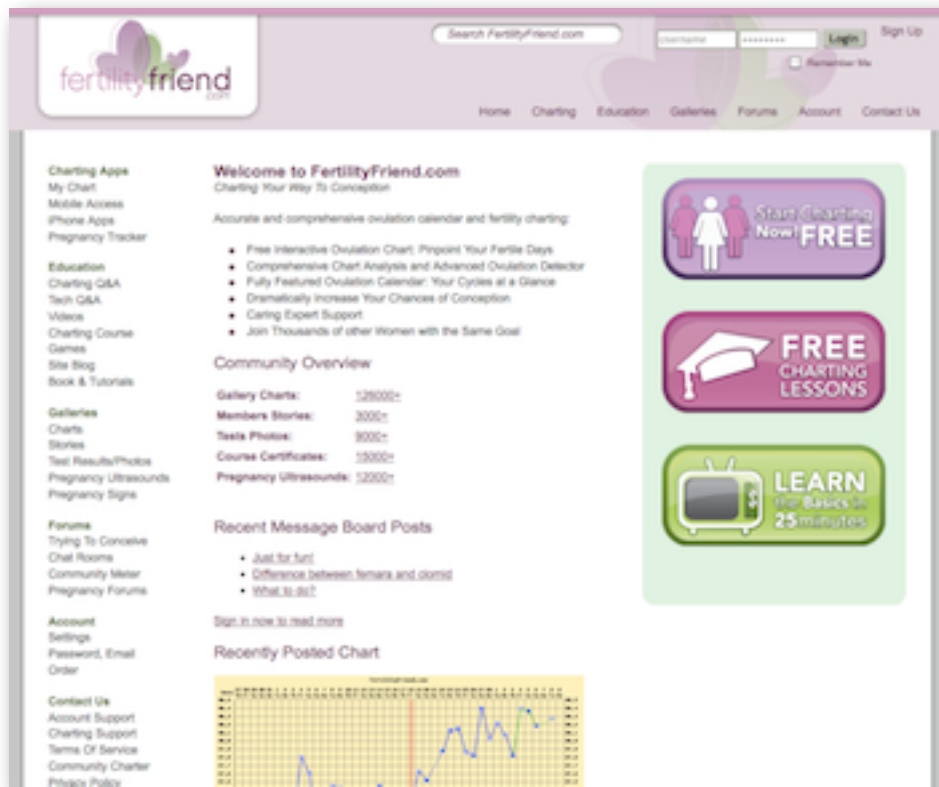


After Ovulation

- If you become pregnant your BBT will stay elevated beyond your usual luteal phase length.
- If you do not become pregnant your BBT will usually drop at the end of your luteal phase as you get your period.

The **Pregnancy Monitor** will:

- Display a reasonable date for testing for pregnancy based on your data.
- Scrutinize your chart for early signs of pregnancy.
- Evaluate your intercourse pattern for chances of conception.



More In Depth Information

To learn more about charting and your menstrual cycle we have put together the following resources available on FertilityFriend.com:

- Free Charting Course.
- Frequently Asked Charting Questions.
- Frequently Asked Technical Questions.
- Site Overview.
- Charting Your Way To Conception eBook.

If you do not have already an account at FertilityFriend.com, register now for free.