

SENSATIONS

- D - Dry
- S - Smooth
- L - Lubrication

WHEN BLEEDING ●

- H - Heavy flow
- M - Moderate flow
- L - Light flow
- VL - Very light flow

WHEN DRY* ●

**Dry = a dry or smooth sensation with nothing you can finger test on the toilet paper*

- 0 - Dry
- 2 - Damp w/o lubrication
- 4 - Shiny w/o lubrication
- 2W - Wet w/o lubrication

WHEN YOU OBSERVE NON-PEAK MUCUS ●

- 6 - 1/4" or less (sticky)
- 8 - 1/2" - 3/4" (tacky)
- P - Pasty
- C - Cloudy/white
- G - Gummy/gluey
- Y - Yellow
- R - Red/pink
- B - Brown

WHEN YOU OBSERVE PEAK MUCUS ●

Finger-testable:

- 10 - 1" or more (stretchy)
- 8 - 1/2" - 3/4" (tacky) (8K; 8CK)
- P - 1/4" or less (6K; 6CK)

Nothing to finger-test:

- 10DL - Damp w. lubrication
- 10SL - Shiny w. lubrication
- 10WL - Wet w. lubrication

Color:

- K - Crystal clear
- C/K - Partly crystal clear
+ partly cloudy white
- C - Cloudy/white
- G - Gummy/gluey
- B - Brown
- Y - Yellow
- R - Red/pink

At the end of the day, note how many times you observed the MOST FERTILE sign on your chart: 1x, 2x, 3x, or AD (all day = 4x +)
