

B O N U S

## CREATING A BABY FRIENDLY BODY

YOUR WEEK BY WEEK JOURNEY TO A HEALTHY PREGNANCY

### *Mastering Ovulation Awareness*

You've learned how to watch your cervical mucus so you'll know when you're in your fertile window. Now you can start charting your cervical mucus so you'll be able to see how your timing is each month, how much or how little cervical mucus you have, and as you continue on with the course, you'll see how your cycle starts to change as you apply the information I'll be sharing in the coming weeks and your body become more fertile.

#### **Charting your cycles**

Keeping track of your cycles each month can be a challenge unless you have a special chart that helps you record things like your cervical fluid, the days you have sex, the first and last day of each cycle and the days that you bleed.

I've created a chart that's easy to use, easy to read, and that you can print out and keep in your fertility journal. If you have Microsoft Word and you'd like to update it on your computer, you can download the chart in .doc format.

Otherwise, go ahead and download the chart in pdf format and print it out.

[Click here for the pdf chart](#)

[Click here for the doc chart](#)

Now that you've got your chart, open it up and take a look. The yellow line will be the days in your cycle. Cycle Day 1 will be the first day you start bleeding. The last day of your cycle will be the day before you start bleeding again.

There truly is no "typical" length of a cycle. You've possibly heard that a "normal" cycle is 28 days. This is just an average, and in actuality, most people don't have a 28 day cycle. You do need a certain amount of days before ovulation in order for an egg to fully develop, and you need a certain amount of days after ovulation in order to sustain a pregnancy so you don't have early miscarriages. Charting your cycles will help you to know if you have enough time before and after ovulation.

I'll be going into more detail in the course about how your hormones regulate the phases of your cycle, and what you can do to naturally lengthen those phases if they're too short. But first I'm going to explain how to chart your cycles each month so that you can learn your cycle well and know just when you're going to ovulate which will give you the best chance of getting pregnant this month. If you don't conceive this month, the chart will help you later detect what might be hindering you from conceiving so that you can correct that and increase your fertility in the weeks to come.



## *Creating A Baby Friendly Body*

### Charting Bonus

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#### **FILLING OUT THE CHART**

At the top left corner where it says “Month & Year”, write the month and year of this cycle. If your cycles falls in two months, you can write both months (i.e. June/July 2008).

Next to the word “Bleeding”, color square 1 red, and any other squares where you were bleeding. Might be something like Cycle Days 1,2,3,4. If you don’t have a red pen, just mark those boxes with an X.

Each day you can mark your cervical mucus observations. You might feel dry on day 5, 6, 7, 8, 9, 10 and then you might see a clump of mucus or feel damp on day 11, and so on. To review the typical mucus changes and patterns [watch this video again](#).

Every day of your cycle, mark what your cervical fluid looks like and how it feels. During your fertile window, try to pick it up and stretch it. Note on the chart how much it stretches.

There’s a line for you to mark the days you have sex. You can either put an X in those boxes, or write AM or PM if you want to keep more detailed records. When I’m working with a coaching student I’ll often write AM or PM when they make love close to ovulation so that I can advise when they should make love again in order to have the best chance of conceiving.

Write comments in the comment area. Anything you want to remember, anything you think is important.

#### **MEGAN’S CHART**

I’d like to show you Megan’s chart so you get an idea of how to chart and what this woman’s chart looked like when she conceived. [Click here to download Megan’s chart](#).

Look carefully at the notes Megan made. She was expecting to ovulate about 3 or 4 days earlier than she actually did, as evidenced by her prior cycle length and by the wet feeling she was having. In fact she was even using ovulation predictor tests and she didn’t note the results on her chart because they were all negative. However, a few days after she thought she should have ovulated, she got that “egg white” cervical mucus, and that’s what clued her into the fact that she might be ovulating. She took an ovulation predictor test, and sure enough, it was positive. She made love that evening (this is the last day she makes notation of sex on her chart) and she conceived.

If you read all of her notes, you’ll see how she documents her mucus changes and then what her mucus was like post conception. She also notes some breast tenderness and pain and lack of any cramping that she would normally get prior to the start of her period.



## *Creating A Baby Friendly Body*

### *Charting Bonus*



This is a great chart to study as it really shows you how very important it is to watch your body's signs of ovulation. Ovulation doesn't always happen when we think it will and for Megan, being able to read her body's fertile signs, even though they were late, resulted in her pregnancy with Kaylee.

I hope you find this chart helpful in keeping track of all the nuances of your cycles. The more in touch with your body you are, the better you'll be able to pinpoint ovulation. If getting pregnant takes longer than expected, the charts may also help you and your doctor or midwife to figure out what is keeping you from conceiving.

Best wishes for a quick pregnancy!

*Kirstyn Sierra*

Kirstyn Sierra



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