

CHARTING THE SYMPTOMS

• Temperature

Use a digital basal thermometer to take your waking temperature, it should record in .1° F and have a hold or recall mechanism to save the reading. Every morning when you wake, before eating, drinking or smoking, take your temperature, leaving it in for a minute beyond the beep. Stick to your chosen temperature taking method for the entire cycle (oral, vaginal, or rectal).

• Toilet Tissue Exam

Take white, unscented tissue paper and fold it into a flat pad several layers thick. Then, **WIPE – LOOK – TEST**. Do the tissue check whenever you go to the bathroom, before and after voiding. Bear down before the last check of the day. Always chart the most fertile sign.

Tissue Dry (∅): Tissue won't glide and nothing can be lifted off the tissue. Dampness can be from urine or perspiration. Shine is a thin clear film that cannot be lifted off and absorbs into the tissue when rubbed.

Sticky-Type Mucus (M): Tissue won't glide and mucus that lifts off stretches under an inch, and is cloudy or solid throughout. Descriptive traits to chart under M can include: ¼", ½", ¾" (stretch), O (opaque), P (pasty).

Egg-White Type Mucus (EW-M): Tissue glides easily, or mucus stretches 1" or more, or mucus is transparent in any part like plastic wrap. Descriptive traits to chart under EW-M can include: G (glide), 1", 2" (stretch), T (transparent), OT (a mix of opaque and transparent).

• Vaginal Sensations

Dry (d): All day you felt nothing, or you may have felt a disagreeable, slightly itchy feeling at the vaginal entrance.

Moistness Felt (M): A feeling as if secreting moisture or shedding a teardrop or noticing bubbles bursting inside the vagina.

Lubrication (L): A distinct lubricative, oily, or runny-wet feeling in the vaginal area.

• Cervical Exam

Check the cervix at the end of the day after the last tissue exam, while either in sitting, standing, or squatting position. Gently compress the cervix to see if there is cervical mucus present. Any of the **S.H.O.W.** traits indicate a change toward fertility. S = soft, H = high, O = open, W = wet (with cervical mucus), and F = firm, L = low, C = closed, D = dry (no cervical mucus present, but a white, hand lotion-like fluid may be present.) The examples below represent two methods of charting the cervical changes.

F	F	S	S	S	S	S	S	S	S	F	F	F	F
o	o	o	o	o	o	o	o	o	o
∅	M	M	M	M	M	M	M	M	M	∅	M	M	M

F	F	S	S	S	S	S	S	S	S	S	S	S	S
L	L	L	H	H	H	H	L	L	L	L	L	L	L
C	C	O	O	O	O	O	O	O	C	C	C	C	C
∅	∅	M	EW	EW	EW	EW	M	M	∅	∅	∅	∅	∅

Download and print additional charts at <http://symptopro.org> under the "Resources" tab.

