



Observational Notations

Sensations

D - Dry
S - Smooth
L - Lubrication

Categories of Bleeding

H - Heavy Flow
M - Moderate Flow
L - Light Flow
VL - Very Light Flow

Categories of Dry*

0 - Dry
2 - Damp without lubrication
4 - Shiny without lubrication
2W - Wet without lubrication

*Dry = Dry or Smooth sensation
when you wipe with nothing you
can finger test on the tissue

Categories of 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

Categories of Peak Mucus

Finger-testable:

10 - 1" or more (Stretchy)
8 - 1/2" - 3/4" (Tacky) (8K; 8CK)
6 - 1/4" or less (6K; 6CK)

Nothing to finger-test:

10DL - Damp with lubrication
10SL - Shiny with lubrication
10WL - Wet with lubrication

Colour:

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

†Note how many times you observed the "most fertile" sign on your chart
at the end of each day: 1x, 2x, 3x, or AD (AD or all day = 4x or more)

