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**TTC BASIC
CHARTING
RULES**

Chart To Conceive

Learn to read the signs of your body and maximise every fertile day



Chart To Conceive Webinar Basic Symptothermal Method Rules for Trying To Conceive by Jessie Brebner. Published by Fertility Charting, Tugun, QLD 4224 AUSTRALIA

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**TTC BASIC
CHARTING
RULES**



Note: This guide is not sufficient when learning to chart for contraceptive purposes.

IDENTIFYING THE FERTILE WINDOW

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BASIC RULES

1. The fertile window opens at the first sign of any cervical mucus, or any moist/lubricative vaginal sensation after your period ends.
2. The fertile window closes and ovulation is confirmed when both the P+3 Rule and the T3 Rule have been met (whichever occurs last).

Exception Rules: If the T3 Rule does not fit your temperature shift, you can use either the Slow Rise Rule, or the Fallback Rise Rule instead (but these exception rules cannot be combined).



BASIC RULES

P+3 RULE

The P+3 Rule is met after 6pm on the evening of the third dry or non-peak day after the Peak Day. Remember, Peak Day is the last day you see any peak type cervical mucus/vaginal sensation followed by three dry/non-peak days. It can only be marked retrospectively.

THE T3 RULE

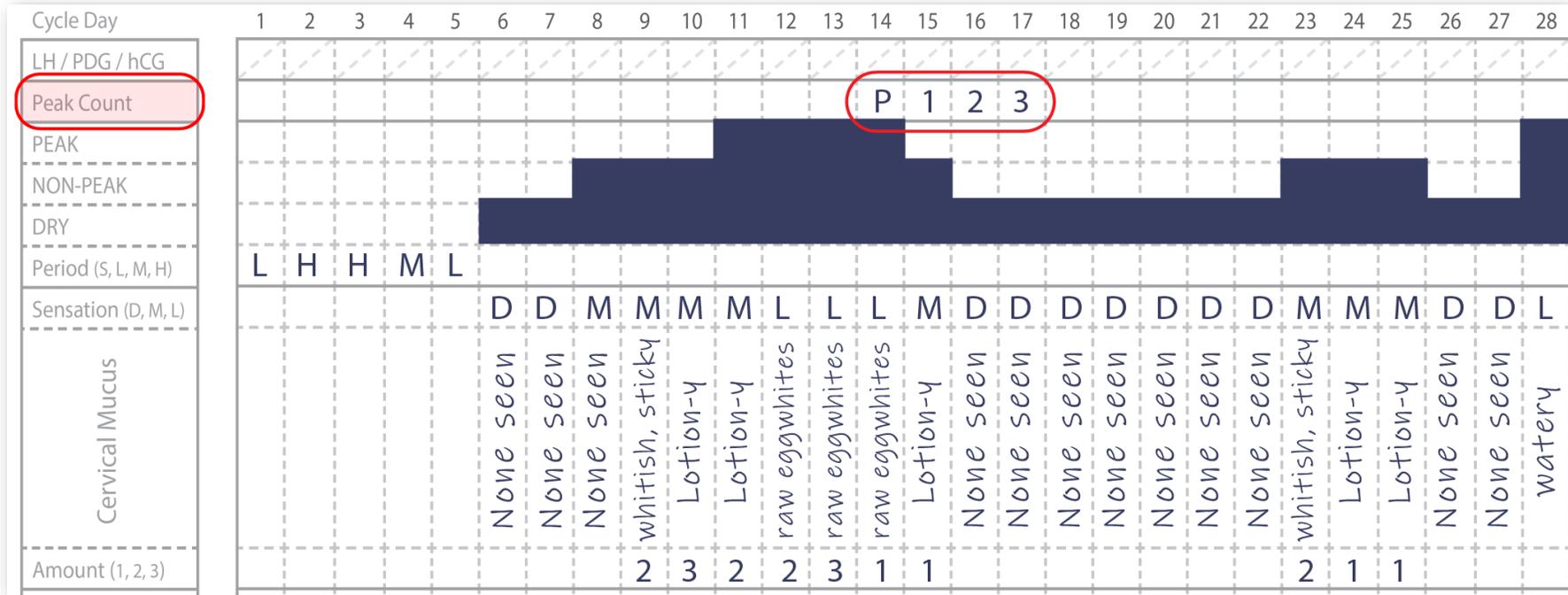
The T3 Rule is met after 6pm of the evening when you can record three higher temperatures above six consecutive lower temperatures, with the third raised temperature being at least 0.2°C / 0.4°F higher than the highest of the six low temperatures.

A coverline (a line drawn through the highest of the six low temperatures that precede the temperature shift can be helpful to visually check if you have met the T3 Rule.

IDENTIFYING THE FERTILE WINDOW



BASIC RULES



EXAMPLE: HOW TO MARK PEAK DAY AND MEET P+3 RULE:

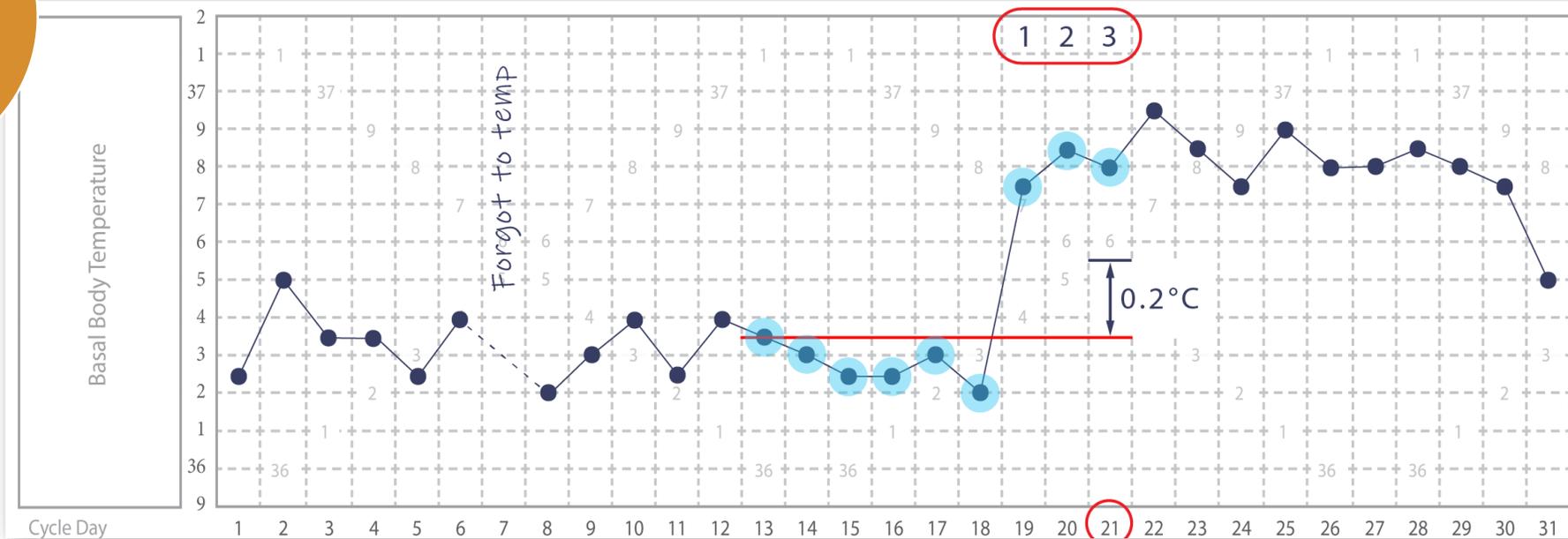
Here you can see that Peak Day is marked on Cycle Day 14, even though this user only noticed a small amount of "eggwhite" style mucus. Peak Day is not the day with the most peak type mucus - it's simply the last day of peak-type observations. It must be followed by three consecutive non-peak or dry days.

IDENTIFYING THE FERTILE WINDOW

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BASIC RULES



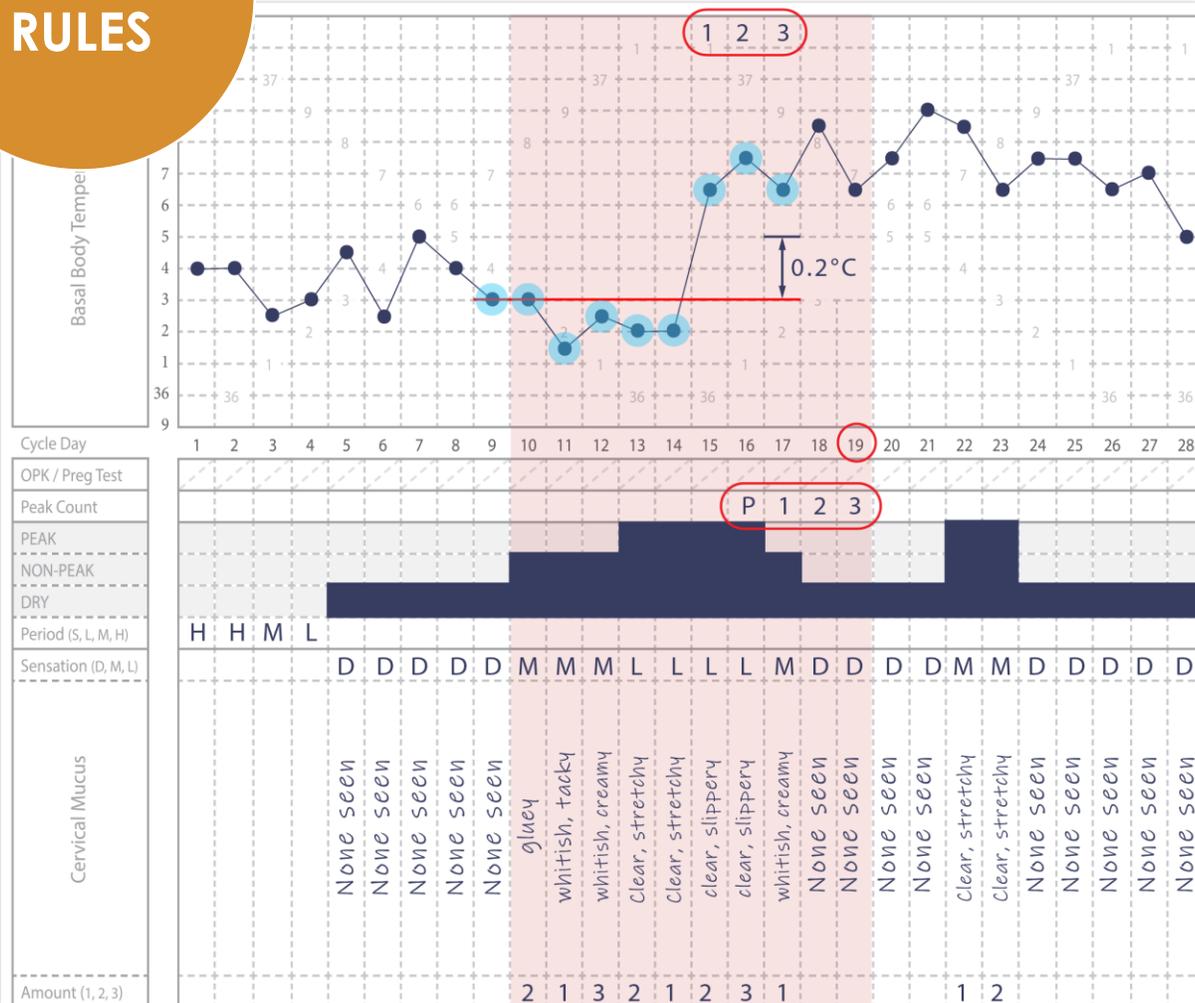
EXAMPLE: HOW TO MEET THE T3 RULE:

The coverline (in red) is drawn through the highest of the six low temperatures that precede the thermal shift. Here you can see that the T3 Rule is met on Cycle Day 21 because the third consecutive high temperature is at least 0.2°C above the coverline.

IDENTIFYING THE FERTILE WINDOW



BASIC RULES



PUTTING IT ALL TOGETHER

The fertile window opens at the first sign of any cervical mucus or moist/lubricative vaginal sensation on CD10.

The fertile window closes when ovulation is confirmed. To confirm ovulation, both the P+3 Rule and the T3 Rule must be met, whichever occurs last.

The T3 Rule is met on CD17, and the P+3 Rule is met on CD19; therefore, ovulation is confirmed after 6pm on the evening of CD19.



BASIC RULES

EXCEPTION RULES: CANNOT BE COMBINED

SLOW RISE RULE

If you have experienced three consecutive temperatures that are above the coverline but the last temperature is not 0.2°C/0.4°F above the coverline, you need to wait for a fourth temperature above the coverline.

The fourth temperature does not have to be 0.2°C above the coverline, it simply has to be above the coverline.

FALLBACK RISE RULE

If the second or third temperature of a shift drops onto or below the coverline, a fourth temperature is required.

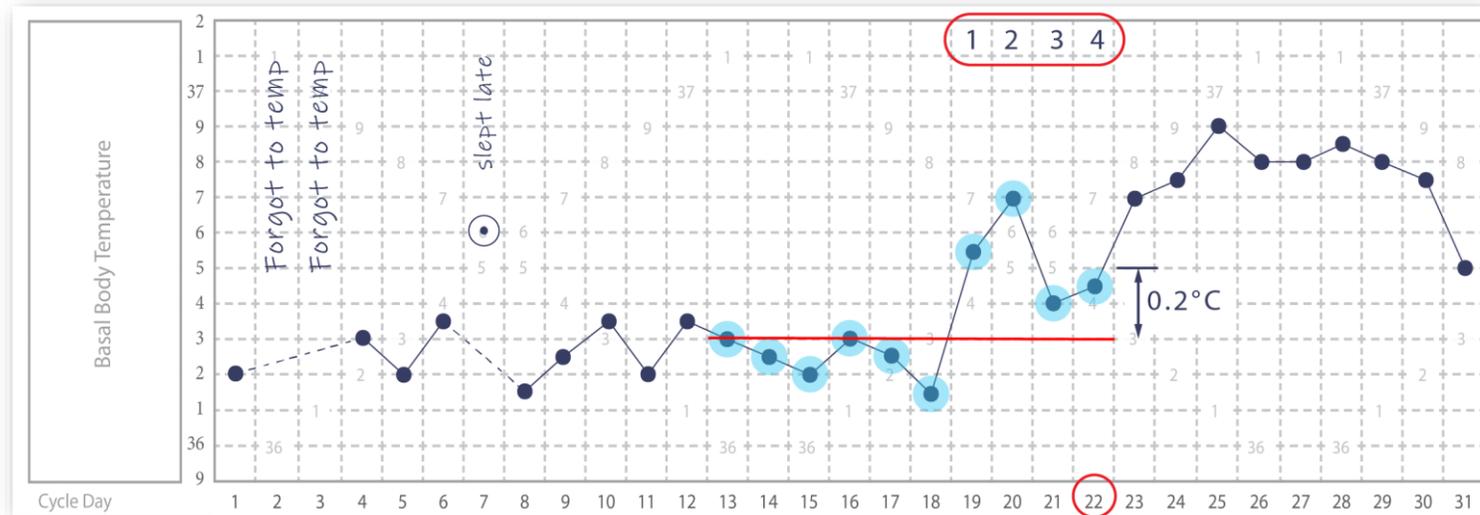
The fourth temperature must be at least 0.2°C above the coverline.

IDENTIFYING THE FERTILE WINDOW

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BASIC RULES



EXCEPTION RULES CANNOT BE COMBINED

SLOW RISE RULE

Here you can see that the third raised temperature (on CD21) did not meet the T3 Rule because it was not at least 0.2°C above the coverline – it was only 0.1°C above the coverline.

This person needs to wait for a fourth temperature above the coverline. The fourth temperature does not have to be 0.2°C above the coverline – it just needs to be above the coverline.

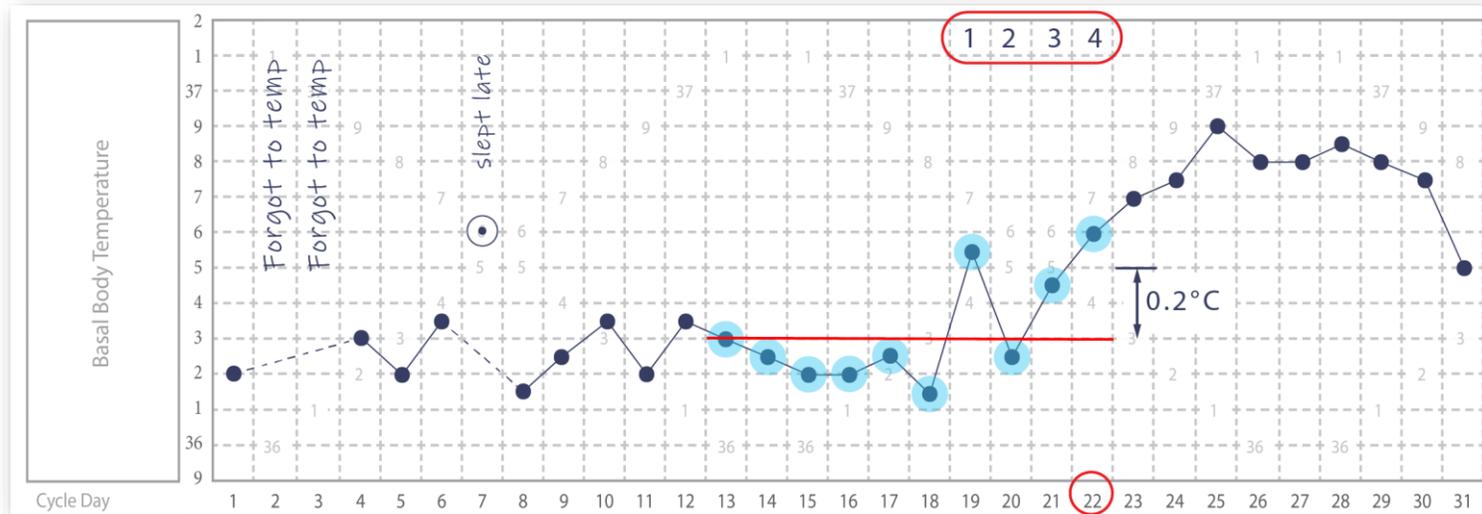
This person meets the Slow Rise Rule on CD22.

IDENTIFYING THE FERTILE WINDOW

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BASIC RULES



EXCEPTION RULES CANNOT BE COMBINED

FALLBACK RISE RULE

Here you can see that the second temperature of the shift (on CD20), has fallen below the coverline.

This person needs to wait for a fourth temperature above the coverline. The fourth temperature must be at least 0.2°C above the coverline.

This person meets the Fallback Rise Rule on CD22.



ADVICE

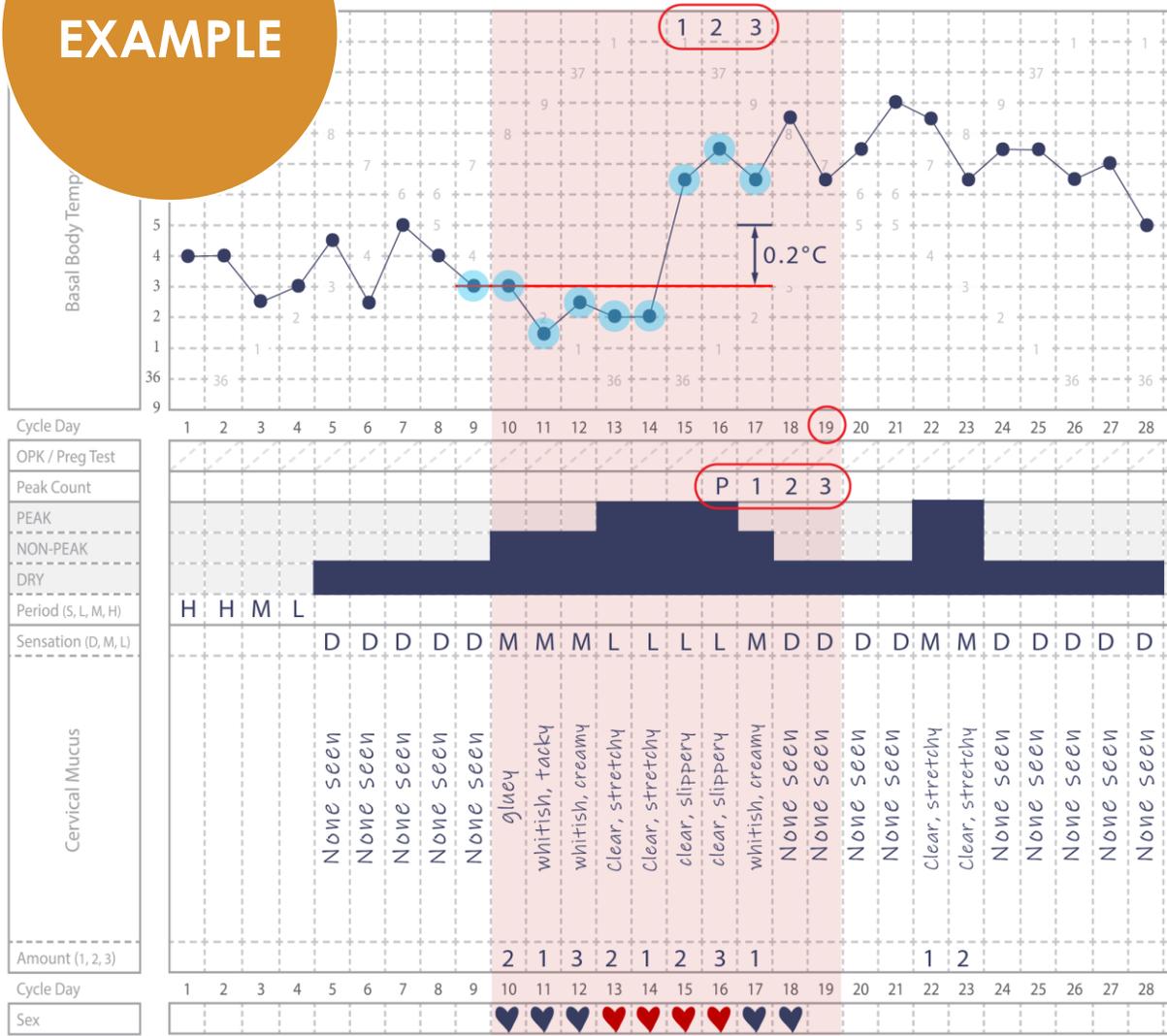
The advice for trying to conceive is:

“Have sex at least every 1-2 days during the fertile window, focusing especially on days where peak-type cervical mucus is present. Continue until the second day after the Peak Day, or the first day of the temperature shift; whichever occurs last.”

WHAT DOES THAT LOOK LIKE ON A CHART?



EXAMPLE

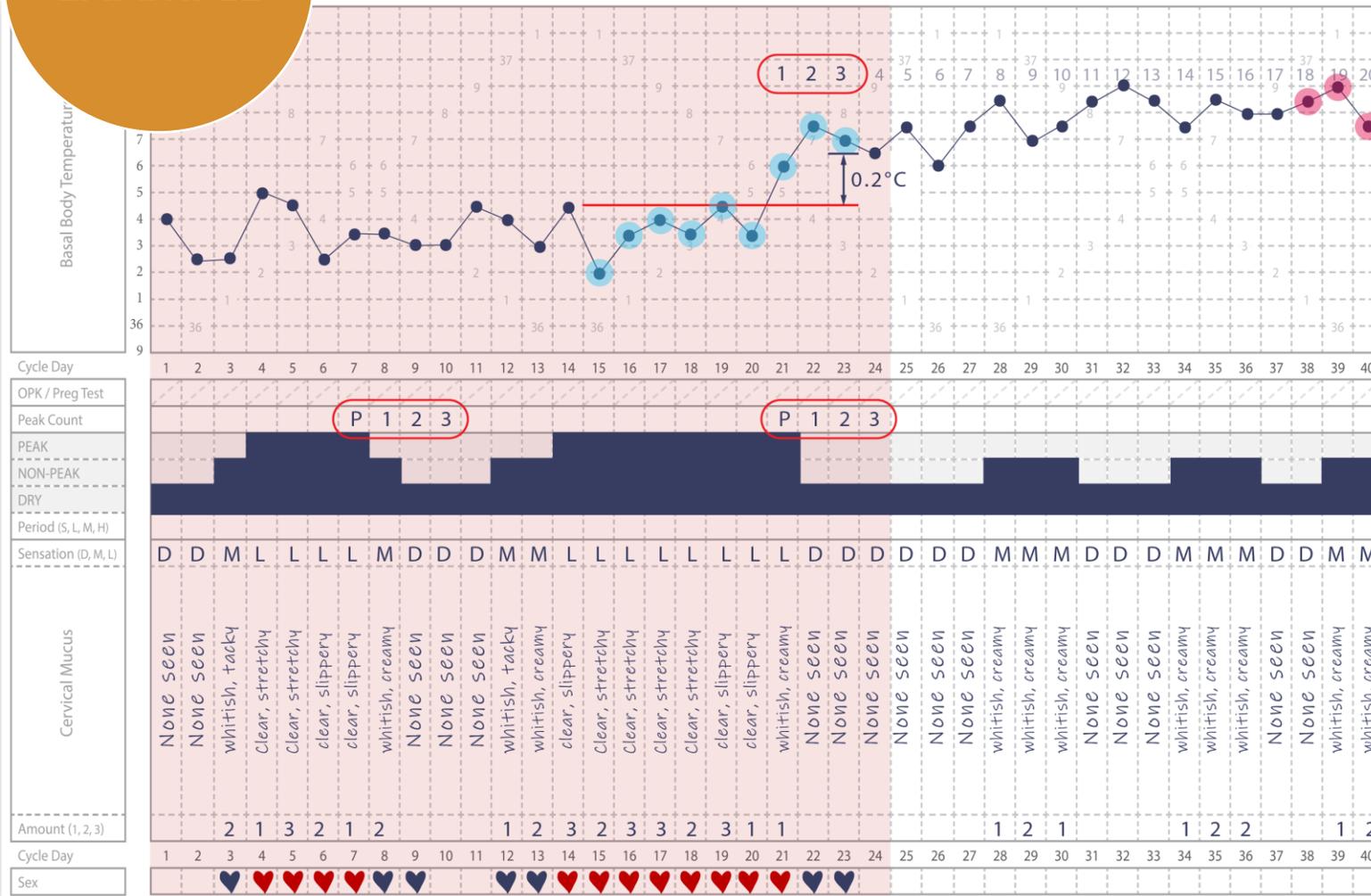


WHAT DOES THAT LOOK LIKE ON A CHART?

- At the first sign of cervical mucus after her period finishes, this person knows the fertile window is now open.
- The couple has sex every day or every other day right up until either the first day of the temperature shift, or the second day after the Peak Day, whichever occurs last. In this case, the second day after Peak Day occurs last, on Cycle Day 18.
- If this couple didn't want to have quite so much sex, they could focus especially on the days where peak type cervical mucus is present. These are the red hearts on this chart (from Cycle Day 13 – 16).
- Ovulation is officially confirmed with the P+3 and the T3 Rule on the evening of Cycle Day 19.

PREGNANCY CHARTS

EXAMPLE



WHAT DOES PREGNANCY LOOK LIKE ON A CHART?

- The luteal phase is usually a fixed length of between 10-16 days
- If you record 18 or more raised temperatures during the luteal phase, this is strongly indicative of a potential pregnancy.
- If you haven't already, you should take a home pregnancy test or visit your doctor to confirm a pregnancy once you've recorded 18 or more raised temperatures.



**TTC BASIC
CHARTING
RULES**

How to Observe and Chart Cervical Mucus



BASIC GUIDELINES

There are two equally important aspects to take note of:

- **Sensation at the vaginal opening**
- **Visible cervical mucus**



BASIC GUIDELINES

SENSATION: A few times throughout the day, simply “tune in” to the **sensation** you feel at the **entrance to your vagina**. You can do this while going about your day.

At the end of the day, mark on your chart which of the below vaginal sensations best matched what you felt during the day:

- **Dry and/or No Feeling**
- **Moist**
- **Lubricative/Wet**

You can also take note of the feeling of **wiping** yourself with toilet paper. If you experience a “slippery wipe”, you should mark this as Lubricative/Wet sensation on your chart.



HOW TO CHECK CM

BASIC GUIDELINES

Begin taking notice of your vaginal sensation after your period ends.

If you experience more than one sensation in a single day, always record the most fertile observation.

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
LH / PDG / hCG																												
Peak Count																												
PEAK																												
NON-PEAK																												
DRY																												
Period (S, L, M, H)	H	H	M	L	L																							
Sensation (D, M, L)						D	D	M	M	M	M	L	L	L	M	D	D	D	D	M	M	D	M	M	M	D		
Cervical Mucus																												



BASIC GUIDELINES

VISIBLE CERVICAL MUCUS

When to check:

- Begin checking as soon as your period ends
- Check every time your underwear comes off
- Check every time you visit the bathroom
- Check both before and after you void

How to check:

- Fold a square or two of toilet paper and swipe it between the vaginal lips from front to back.
- Dip inward slightly when you reach the vaginal opening to “scoop” up any cervical mucus that is pooled just inside the vaginal entrance
- You may find that it is necessary to hold the inner labia out of the way to do this
- You can also use a clean, washed finger instead of toilet paper if you prefer.



BASIC GUIDELINES

VISIBLE CERVICAL MUCUS

Take Note Of:

1. COLOUR
2. CONSISTENCY
3. STRETCH
4. AMOUNT

Record Your Observations:

- At the end of the day, you should record the most fertile type of mucus that you noticed all day (less water content = less fertile, more water content = more fertile).
- Describe in your own words the colour, consistency and stretch of this cervical mucus.
- 2-3 words is plenty



HOW TO CHECK CM

BASIC GUIDELINES

Always record the most fertile type of cervical mucus you noticed during the day.

If you don't notice any cervical mucus all day, you can write "none seen"

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26		
LH / PDG / hCG																												
Peak Count																												
PEAK																												
NON-PEAK																												
DRY																												
Period (S, L, M, H)	H	H	M	L	L																							
Sensation (D, M, L)						D	D	M	M	M	M	L	L	L	M	D	D	D	D	M	M	D	M	M	M	M		
Cervical Mucus						None seen	None seen	Yellowish, gummy	whitish, sticky	Lotion-y	Lotion-y	raw eggwhites	raw eggwhites	raw eggwhites	Lotion-y	None seen	None seen	None seen	None seen	whitish, sticky	whitish, sticky	None seen	whitish, sticky	Lotion-y	Lotion-y	None seen	None seen	None seen
Amount (1, 2, 3)								2	2	3	2	2	3	3	2					2	2		2	1	1			



BASIC GUIDELINES

VISIBLE CERVICAL MUCUS

No Mucus Seen:

- No cervical mucus usually looks like nothing at all on the toilet paper, or in some cases, a slight shiny sheen (this is due to dead skin cells and vaginal moisture). If you can't pick anything up off the toilet paper, you can write down "nothing seen" for no cervical mucus present.
- If you're using your finger to check instead of using toilet paper, you might notice nothing at all on your finger, or perhaps some small whitish flakes – a little bit like tiny pieces of wet tissue paper. Again, this is due to dead skin cells and vaginal moisture. You can write down "nothing seen" for no cervical mucus present.



BASIC GUIDELINES

VISIBLE CERVICAL MUCUS

There are only two categories of cervical mucus:

- **Non-Peak type mucus**
- **Peak type mucus**

Both types of cervical mucus are fertile; however, peak-type cervical mucus is most fertile.

HOW TO CHECK CM

BASIC GUIDELINES



Non-Peak Mucus



Peak-Type Mucus



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VISIBLE CERVICAL MUCUS

To be considered peak type, cervical mucus only has to meet ONE of the below criteria:

- **SLIPPERY (vaginal sensation)**
- **CLEAR**
- **STRETCHY (over 1 inch)**

Non-peak type cervical mucus is classed as any mucus that does not meet any of the three peak type criteria.



BASIC GUIDELINES

PEAK TYPE CERVICAL MUCUS

- Occurs when peak levels of oestrogen are being produced.
- Provides perfect conditions for sperm survival.
- Often looks like raw eggwhites.
- Almost always causes a slippery vaginal sensation.
- Seeing peak type cervical mucus does not guarantee that ovulation is happening or will happen – it just means that oestrogen levels are currently high (and ovulation is likely approaching).
- Not everyone experiences peak type mucus that appears like raw eggwhites. For some, the water content is so high that peak type mucus will present as slippery watery fluid at the vaginal opening instead.
- Others may notice no peak type cervical mucus at all, but instead notice a slippery vaginal sensation.
- Our vaginal opening and perineum is very sensitive. We can sense the presence of slippery mucus even when there is not enough to notice on the tissue paper.



BASIC GUIDELINES

NON-PEAK TYPE CERVICAL MUCUS

- Produced when low to moderate levels of oestrogen are being produced by follicles in the ovaries.
- Often associated with a moist vaginal sensation.
- Non-peak type cervical mucus is classed as any mucus that does not meet any of the three peak type criteria.
- Even if no cervical mucus is visible on the toilet paper/your fingers, a moist vaginal sensation indicates that some mucus is present.
- Non-peak type cervical mucus is often:
 - Opaque, white, whitish, cloudy or yellowish
 - Rubbery, flaky, pasty or crumbly
 - Thick, sticky, gummy, tacky or snappy
 - Clotty, lumpy, creamy, lotion-y or milky
- Often forms small peaks instead of stretching.
- If non-peak mucus stretches, it usually stretches less than an inch and then snaps back quickly.

HOW TO CHECK CM

BASIC GUIDELINES



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- Spotting sometimes occurs around ovulation. It usually presents as light bleeding although some people may experience medium or heavy bleeding.
- If there is only a very small amount of blood that is released, the clear cervical mucus can be tinged red, pink or brown. The cervical mucus may even have a pale-yellow colour if only a miniscule amount of blood is released.
- Because bleeding can obscure mucus, and because it often correlates with ovulation, it is always considered fertile prior to ovulation.



BASIC GUIDELINES

THE MUCUS SUMMARY BOX

- The mucus summary box on your chart helps to give a clear visual overview as you transition from dry, to non-peak, to peak (and then back again).
- The summary box is based on the most fertile observations we noticed all day.
 - ***Remember, that includes vaginal sensation and visible cervical mucus.***
- Always record the most fertile observation.

HOW TO CHECK CM

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BASIC GUIDELINES

The Mucus Summary Box summarises your most fertile observation for that day.

If you don't notice any cervical mucus or any moist/lubricative vaginal sensation all day, you can colour in the DRY box"

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
LH / PDG / hCG																													
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Period (S, L, M, H)	H	H	M	L	L																								
Sensation (D, M, L)						D	D	M	M	M	M	L	L	L	M	D	D	D	D	M	M	D	M	M					
Cervical Mucus						None seen	None seen	None seen	whitish, sticky	Lotion-y	Lotion-y	raw eggwhites	raw eggwhites	raw eggwhites	Lotion-y	None seen	None seen	None seen	None seen	whitish, sticky	whitish, sticky	None seen	whitish, sticky	Lotion-y	Lotion-y	None seen	None seen	None seen	
Amount (1, 2, 3)									2	3	2	2	3	3	2					2	2		2	1	1				



TTC BASIC CHARTING RULES

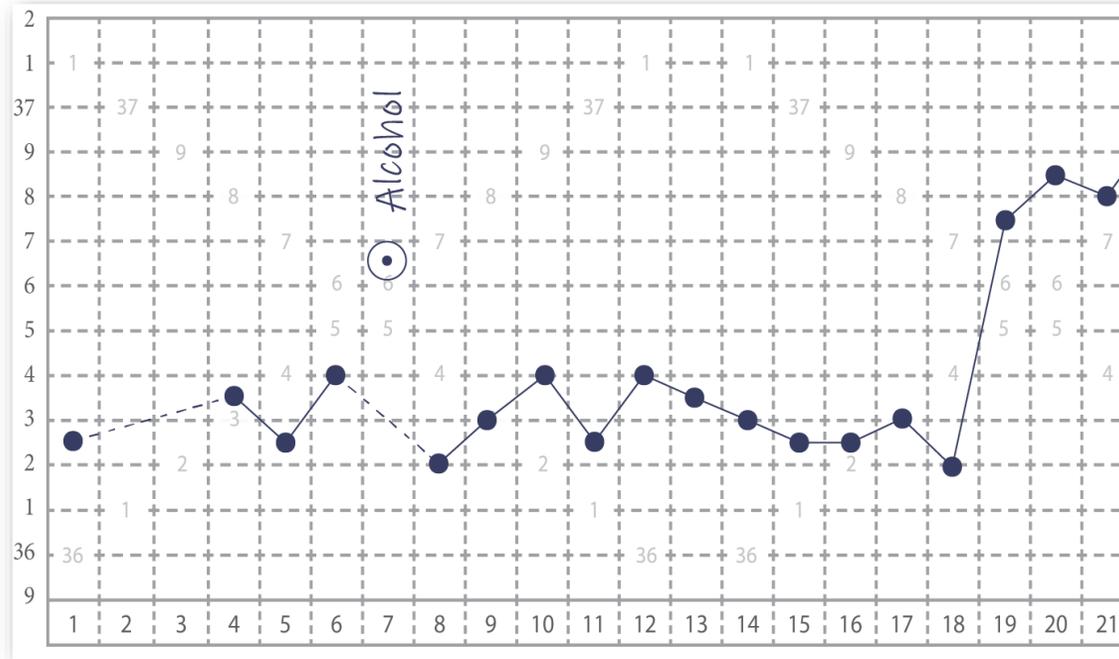
How to Observe and Chart Basal Body Temperature

HOW TO CHECK BBT

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BASIC GUIDELINES



- Take your basal body temperature after at least three consecutive hours of sleep.
- Take your basal body temperature at the same time each day (+/- 30 minutes maximum).
- Take your basal body temperature before doing anything else.



BASIC GUIDELINES

- Use a basal body temperature thermometer that measures to two decimal places.
- Place the thermometer under your tongue into the heat pocket of your choosing.
- Close your lips around the thermometer
- Press the "on" button
- Wait for the beep to let you know that the thermometer has finished taking your temperature before you remove it from your mouth.
- Record the rounded temperature on the graph, and the unrounded temperature at the bottom of your chart.



HOW TO CHECK BBT

BASIC GUIDELINES

CELSIUS	
ORIGINAL	ROUNDED
36.60	36.60
36.59	
36.58	
36.57	36.55
36.56	
36.55	
36.54	
36.53	
36.52	36.50
36.51	
36.50	

ROUNDING TEMPERATURES

- Celsius users should follow this rounding guide to round their temperatures to the nearest 0.05°C



HOW TO CHECK BBT

BASIC GUIDELINES

FAHRENHEIT	
ORIGINAL	ROUNDED
97.80	97.80
97.79	
97.78	
97.77	
97.76	
97.75	
97.74	97.70
97.73	
97.72	
97.71	
97.70	

ROUNDING TEMPERATURES

- Fahrenheit users should follow this rounding guide to round their temperatures to the nearest 0.10°F



BASIC GUIDELINES

Chart Your Temperatures:

- Circle any temperatures that are disturbed and record why.
- Use a solid line to connect valid temperatures.
- Use a dotted line to connect days on either side of missing or disturbed temperatures

Possible Disturbances Can Include:

- Having a disrupted or fitful sleep
- Having less than three consecutive hours sleep
- Taking your temperature earlier or later than usual
- Low batteries in your current thermometer
- Having a heavy meal very late at night
- Heavy drinking
- Moving around substantially before measuring
- Being ill (may cause a fever before you are aware that you are ill)
- New medication
- Travel to different time zones
- A change in environment (e.g. heat wave)
- Acute / severe stress



Knowledge is Power

Happy Charting!