

Start each chart on the **first day** of your period.

• **Step 1**

Staying calm and keeping a positive outlook about getting pregnant is important. Most of your stress will come from not knowing what's going on and living in the dark. This chart will open your eyes to your fertility and will give you peace of mind knowing that you're doing everything right. Stay on the chart. Simply fold it and put it your pocket. It will bring you comfort.

• **Step 2**

Write which cycle this is, if this is your first cycle put 1 next to cycle #. Add the rest of the information. Don't forget to put your name, phone number and email so we can contact you.

• **Step 3**

Here you're going to put in your results so Dr. Zavos or your OBGYN can easily see what's going on in your cycle.

- a) Enter how many days you counted from the first day of your period to the next time you got your period.
- b) Enter which cycle day you ovulated on. You confirmed ovulation because OvateL was Ferning a lot, the ovulation urine stick came out positive, and the day after ovulation your body temp shot up.
- c) How to count your Luteal phase: The day after ovulation till the day or your next period is your luthia phase.
- d) Write up anything that seems unusual to you this month.  
Ex: My period was just 2 days this month, my body temp didn't change, I didn't see any Ferning, I was so moody this month.

• **Step 4**

- a) Temping covers two important aspects of your health, one is it confirms that you ovulated and the other is that it is an accurate method of diagnosing a metabolic disorder such as thyroid or adrenal problem. View book for more info on this.
- b) **Directions:** Write you're temp in each box. Ex: Today my temp was 98.66 write (.66) in the 98 degree row.

• **Step 5**

Start charting on the first day of your period. In the row "Period" enter the flow by following the Period Legend below. It's very important that you chart your flow and if you spot or bleed during the month, write it down.

- a) Write the flow (heavy, medium, light, spotting) this is very important for the doctor and you. If you don't flow correctly you could have a hormone problem. If you spot during your cycle write that down too. It's important because it could mean you have endometriosis or another medical condition.
- b) Pain is also very important. If you take 2 Motrin every 4 hours and are still in pain, that's not normal. Write it down.

• **Step 6**

OvateL, use it every day starting the last day of your period. As soon as you start to see Ferning / crystals then that means you've entered your fertile period. Start having sex once a day during the entire fertile period. Make sure to write down as soon as you see Ferning.

- a) When you start to see Ferning wait one or two days then use the ovulation strips to confirm ovulation. The ovulation strip will only tell you about 24 to 36 hours before ovulation. So if it doesn't show positive do it again the next day and so on. Once it turns positive write it down.

• **Step 7**

Sex. Start having sex everyday during your fertile period (which is approximately 5 days before your day of ovulation). So get busy every day!

- a) PH strips. If you're using the PH strips write your results here.
- b) Make sure you write if you're using the lube.
- c) Write down how long you laid down for in minutes

• **Step 8**

Keep a journal of the stuff you're doing to improve health and fertility.

• **Step 9**

This is a good area to keep track of the tests you're doing and keep a record of the results.

**Legend**

**Your Period**

S = spotting  
L = Light flow  
M = Medium flow  
H = Heavy flow

**Pain (any time during the month)**

1 = Light cramps (no medication)  
2 = Medium cramps (2 Motrin all day)  
3 = Bad cramps (2 Motrin every 4 hours and no pain)  
4 = Sever cramps (2 Motrin every 4 hours still having pain).

**OvaTel**

F: Ferning /Crystals

**Test Results**

- Negative result  
+ Positive result



Start each chart on the **first day** of your period.

**Step 1** Keep repeating: "My cycle diary chart is going to help me get pregnant. I have to do it every day and stick to it. It's going to happen I just need to stay positive."

**Step 2** Cycle # ..... Name ..... Year ..... Month ..... Phone and E-mail .....

**Step 3** Results a) This month my cycle length was ..... days long c) My luteal phase this month was ..... day long.  
 b) I ovulated on Day ..... of my cycle d) This month the following seems weird .....

**:: Temping**

<b>Step 4</b>	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	29	30	31	32	33	34	35		
	Today's Date																																					
	Weekday																																					
	<b>99</b>																																					
	<b>98</b>																																					
<b>97</b>																																						
Lower than 97°																																						

**:: My TTC month**

<b>Step 5</b>	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	29	30	31	32	33	34	35		
	a) Period																																					
	b) Pain																																					
<b>Step 6</b>	c) Mood																																					
	<b>Ovotel</b>																																					
<b>Step 7</b>	Ovulation Strips																																					
	<b>Sex</b>																																					
	PH Strips																																					
<b>Step 8</b>	Conceive Lube																																					
	Time																																					
	Time laying down																																					
<b>Step 9</b>	<b>Prenatal vitamin</b>																																					
	Baby aspirin																																					
	Fertility diet																																					
	Raspberry tea																																					
	Music/Hypnosys																																					
Yoga/Walking																																						
Pregnancy Test																																						
<b>Step 9</b>	<b>Tests this month</b>	<b>Tests I did this month</b>																																				
	FSH																																					
	Saliva hormone																																					
	Semen analysis																																					
	Results																																					
other																																						
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