

# The phases of the cycle

## Phase 1

- Is during the follicular phase
- Begins on the first day of menstruation
- Ends the day before your "point of change"
- You can have unprotected intercourse (unless the menses rules don't apply to you), but some who are more adamant about avoiding may choose to use a barrier or withdrawal during this time for extra safety.

## Phase 2

- Is within both the follicular phase and the luteal phase
- Begins at your "point of change"
- Ends the second day of your temperature being high AND the 3rd day post peak. Both must be met (i.e. if you says fertile and the other say infertile, wait until both indicate infertile).
- **DANGER ZONE! Don't have unprotected intercourse during this phase. Either abstain, have sex without genital to genital contact, or use multiple methods for the best effectiveness.**

## Phase 3

- Is in the luteal phase
- Begins on the evening of your 3rd high temperature AND 4th post peak day. Both must be met (i.e. if one says fertile and the other say infertile, wait until both indicate infertile).
- Ends the day before your first day of menstruation.
- **Extremely safe for unprotected intercourse. Your egg is dead and gone.**

Age: 27 Cycle # 28 Month: 06 Year: 2013 Shortest: 28 Longest: 30 Last Cycle Length: 28 This Cycle Length: 28 Luteal Length: 14

Cycle Day	Week Day	Date	Symbol	Sensation	Cervical Fluid Description	CVX	F.M.S.	Notes	Temp Time	Temp Count
1	o	8/9	*	D	heavy flow			little bit crampy		96
2	M	10	*	D	moderate flow					96
3	T	11	*	D	light flow					96
4	W	12	*	D	spotting					96
5	R	13	*	D	light spotting					96
6	F	14	*	D	nothing					96
7	o	15	*	D	"					96
8	o	16	*	D	"					96
9	M	17	M	D	lots of creamy					96
10	T	18	M	D	5" cloudy AD					96
11	W	19	M	D	3" clear thinner AD					96
12	R	20	M	D	2" clear thin AD					96
13	F	21	M	D	2" clear thin AD					96
14	o	22	L	D	2" clear thin scant					96
15	o	23	L	D	nothing					96
16	M	24	I	D	"					96
17	T	25	I	D	"					96
18	W	26	I	D	"					96
19	R	27	I	D	"					96
20	F	28	I	D	"					96
21	o	29	I	D	"					96
22	o	30	I	D	"					96
23	M	31	I	D	"					96
24	T	2	M	D	little creamy					96
25	W	3	I	D	nothing					96
26	R	4	I	D	"			so tired		96
27	F	5	I	D	"			"		96
28	o	6	M	D	some tacky stretch			"		96
29										96
30										96
31										96
32										96
33										96
34										96
35										96
36										96

\* Menses    (\*) Spotting    - Nothing Present    M Cervical Fluid    (M) Peak Cervical Fluid    (M) Peak Day    LM Luteal Mucus    I Infertile BIP    1,2,3... Any +4s

♥ Unprotected intercourse    +Letter to denote protected intercourse    ○ No genital-genital contact