

Stage in Cycle	Secretions	Sensation
Menses	Heavy, Medium, Light	Wet
	Red, Brown, Pink	
	Clots...	
Spotting	Medium, Light	Wet or dry
	Brown, Pink	
Infertile pattern	<i>An unchanging pattern of...</i>	Dry or possibly moist
	Dry	
	Sticky	
	Tacky	
	Non-wet	
Fertile wave	<i>Begins with a change from your IP (point of change) to a spectrum of...</i>	Moist, Wet, Slippery, Slick
	Stcky, Tacky, Crumbly	Lubricative, Cold
	Gummy, creamy, lotiony	
	Milky, White, Wet, Stringy	
	Stretchy, Eggwhite, Cloudy	
	Clear, Gushes, Slick	
	Pink, Gooney, Snotty	
	Sweet, Alkaline	
Transition to infertile pattern or luteal mucous	<i>A sudden dry up or drying up followed by...</i>	Dry or possibly moist
	Dry, Sticky, Thick, Clumpy	
	Yellowish, Acidic, Creamy	
Pre-menstrual	Possibly Stretchy, Wet, Creamy	Dry, Moist, Wet