

Day of Cycle	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		
Day of Month																																					
Stamps	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	PK	1	2	3	●	●	●	●	PK	1	2	3	●	●	●	●	●	●	●	●	●	
Sensation	S	S	S	D	D	D	D	S	D	D	D	D	S	S	L	S	S	D	D	D	D	D	L	S	D	D	D	D	S	S	D	S	D	S	S		
Description	6C x1	6C x2	66C x1	86Y x2	6C x1	6C x2	6C x1	8C x2	8C AD	8C x2	6C x1	OAD	6C x1	6C x2	86Y x2	8K x2	6C x1	8C x2	8C x1	8C x2	8C x2	8C x1	10K AD	6C x2	OAD	6C x1	8C x2	8C x1	8C x1	6C x1	6C x2	66C x1	6C x1	6C x2	8C x1		
Misc.Symptoms Stress/Illness																↑	↑						↑	↑													
Day of Cycle	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		
Day of Month																																					
Stamps	●	●	●	●	●	PK	1	2	3	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	PK	1	2	3	●	●	●	●	●	●	●	1	
Sensation	S	S	S	S	S	L	S	S	S	D	D	D	D	D	D	D	S	D	D	D	D	S	D	S	S	L	S	D	D	S	L	L	L	L	L	S	
Description	8C x1	8C x2	8C x1	8C x2	8K x2	10K x2	6C x1	8C x1	6C x1	6C x3	66Y x1	6C x2	6C x2	8C x2	8C x1	6C x1	6pc x2	6C x1	66C x1	8C x1	8C AD	8C x1	6C x2	6C x3	6C x3	10K x1	8C x1	8C x1	6pc x1	6pc x1	8K x2	8K AD	10% x1	10K x1	6C x3		
Misc.Symptoms Stress/Illness				↑			↑																		↑	↑				↑						↑	
Day of Cycle	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		
Day of Month																																					
Stamps	2	3	●	●	●	●	●	●	●	●	●	PK	1	2	3	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	
Sensation	D	D	S	D	D	S	S	S	S	L	L	L	S	D	D	D	D	D	D	D	D	D	D	D	S	S											
Description	6C x2	6C x21	8C x1	6pc x1	6pc x1	8C x2	8C x2	6C x2	8C x1	10K x1	10KL AD	10% x1	8C x1	6pc x2	6C x1	6C x1	6C x2	8C x1	8C x2	6C x3	6C AD	6C x1	8C x2	8C AD	6C AD												
Misc.Symptoms Stress/Illness						↑							↑																								

Marks "true" mucus pattern.

Breastfeeding or Post Pill Using Pre-Peak and Post-Peak Yellow Stamps For Continuous Mucus