

# Your Quickstart Guide to Charting



## 1. choose a method

Charting is simply observing and recording your body's signs of health and fertility throughout the month. But in order for you to really utilize your data as a way to plan your family (and pursue hormonal health), you need to learn a method. (You can't wing it. Trust me. :) There are many methods - find one that fits your lifestyle!

<https://www.factsaboutfertility.org/what-is-charting/>.

## 2. find an instructor

Now that you've chosen the best method for you and your health goals, you need a certified instructor. She will have the training, experience, and resources to teach you the method, guide you through the nuances of your cycle, and get you the help you need for any red flags. Go here for a comprehensive educators directory:

<https://faeducators.directory>.

The investment is worth it!

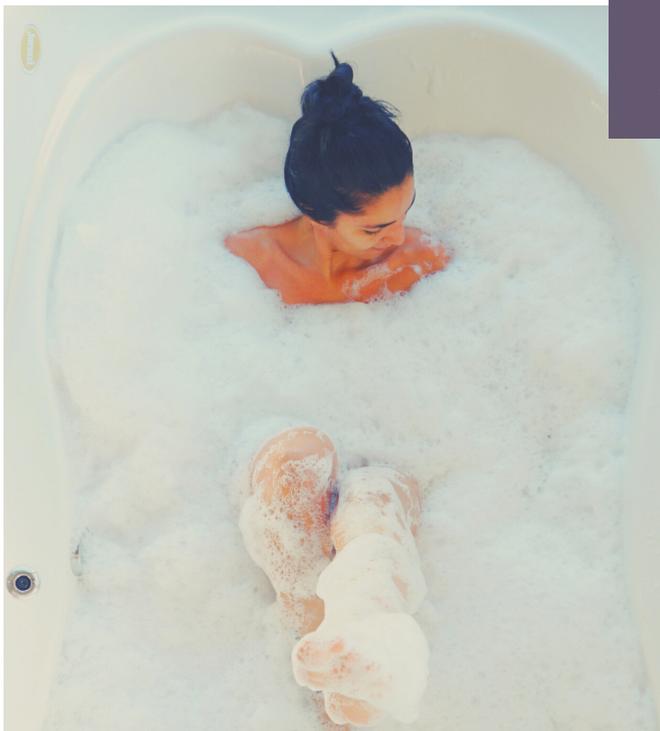


## 3. get an app

The easiest way to chart consistently is with an app. But a word of caution - not all apps are created equal! The apps called "period trackers" don't have the comprehensive features you'll need to chart your whole cycle, not just your period. You want an app that can input all your signs of fertility - especially cervical mucus. My #1 recs are the apps from Read Your Body or FEMM Health.



## 4. observe & record



Let's expand on the definition of charting. Charting is the process by which a woman observes and records her biomarkers, so that she can track her health and fertility and get to know her body's unique voice. Biomarkers are your body's signs of health and fertility. These include menstrual bleeding, cervical mucus, temperature, as well as other physical and emotional symptoms experienced in conjunction with your whole cycle (headache, acne, cramps, mood swings, etc.). The best way to get started with charting is just to record what you've observed. Open your app at the end of each day, and fill out every category that you're able. Bonus points for detailed notes!

## 5. back it up with tech

Don't be afraid to use tools - like LH test strips, a fertility monitor from Mira or Clearblue, or a BBT band from Ava or Tempdrop - especially when you're first beginning to chart! It's super helpful to have a backup to confirm your own observations or clarify when you're confused. Just note that these tools on their own aren't enough to give you thorough insight into your cycles. Your charting is vital.



## 6. learn your method



Knowledge is empowering! Learning your chosen fertility awareness (or NFP) method with a trained instructor is the KEY to using all your data (charting + tech) for family planning - AND to achieve optimal health. Practice until it's second nature. Involve your partner. And don't give up, even when it's challenging! You've got this, girl.