

Cycle Tracking: Made Easy!

Whether you are trying to get pregnant or trying to avoid it, tracking your cycle can be an important way to take control of your health by understanding exactly what your body is doing every day of the month.

♥ DOWNLOAD AN APP!

There are many apps available for tracking your cycle. Download the app on your phone & input all of your information throughout the month. "Glow" & "Kindara" are two of my favourites, both are easy to use and will serve to store all of your important information.

♥ MONITOR YOUR CERVICAL MUCOUS

Believe it or not, your cervix can tell you a lot about your fertility based on the type of fluid that it secretes throughout the month. Due to hormonal changes, the consistency of your cervical fluid will fluctuate throughout the month. Most fertile cervical mucous will appear around ovulation which is typically mid-cycle & will become the consistency of a "raw egg-white".

♥ TAKE YOUR ORAL TEMPERATURE

Temperature fluctuations throughout the month can indicate a change in hormones around the time of ovulation (your most fertile time). Keep an oral thermometer beside your bed, take your temperature EVERY morning at the SAME TIME & record it in your app. You will notice a slight spike in temperature after ovulation has occurred. Your most fertile days are the TWO days BEFORE ovulation & the day OF ovulation, so after a few months of monitoring, you will be able to accurately predict which days of the month you ovulate (look for this around day 14)

**note- be sure to take your temperature BEFORE you start moving (aka. take it while you are laying in bed), as this can skew the results.

♥ TRACK YOUR SYMPTOMS

Do you experience bloating? Spotting? Changes in mood? Breast tenderness? Acne? Do these changes tend to come around the same time each month? Are your periods heavy? Light? Painful? Making note of these symptoms can help to direct future treatment around rebalancing contributing hormones & tracking progress.

Monitoring your symptoms using the above techniques will give you insight into whether or not your body is going through the correct changes each month, & when your optimal fertile time is each month. Keep all of this information in your cycle tracking app in order for it to create patterns and predictions for the future

***Note. Cycle tracking will not be helpful for those currently taking hormonal contraception. it is important to track all of these parameters for a minimum of 3 months before using them as a tool to prevent or achieve pregnancy & ensure you are using a backup form of birth control if you are trying to avoid pregnancy completely.*

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