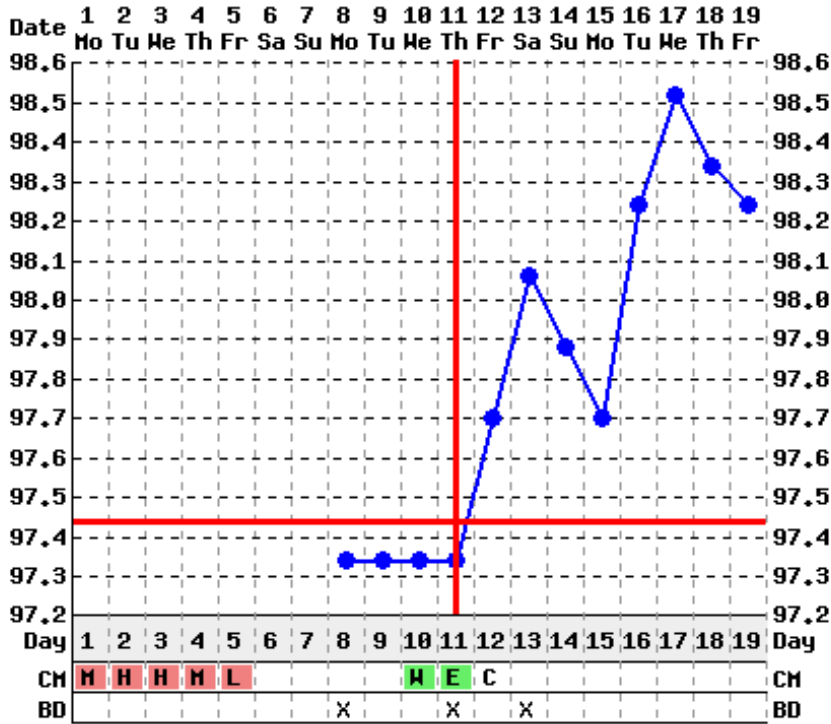


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FertilityFriend.com



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Cycle Statistics Over 11 cycles			
/	Ovulation	Luteal Phase	Cycle Length
Average	13	13	26
Minimum	11	12	23
Maximum	15	17	30

Chart Legend:

Basal Body Temperature Curve:

The temperature plot represents each data point by a small dot. Each dot is linked to the previous one by a line.

Black Dots:

If data is missing, the dots are linked with a dashed line. Discarded temperatures are displayed as black dots.

Open Circles and Dots:

If something in the data indicates that the temperature may be slightly inaccurate (either by events selected in the Special data area or by a time difference larger than normal), the temperature is plotted using a circle instead of a dot. Please note that these points do not need to be discarded. The circle will just indicate to the reader areas on the chart where the data may be less accurate.

Square Points:

When you have entered a note or if you check something in the Special data section, the graph will display a square instead of a dot. This is useful to check patterns and symptoms not directly related to charting. Note that this display is not enabled by default. It can be enabled on a chart by chart basis by clicking on the Display Settings link below the chart.

Cycle Days

The cycle day line displays the cycle day, the luteal phase and corresponding fertile window once ovulation has been detected. The luteal phase is colored in yellow/orange while the fertile window is colored in green.

Chart Label

You can assign a personal label to each chart. Look in the menu Cycles/View Cycle List to enter it.

Primary and Secondary Signs – Pregnancy Tests

Crosshair:

The crosshairs may be one of two different colors: When it is red it indicates an ovulation detected automatically based on your data or set by one of our guides. When it is blue, it indicates a manual override by the user.

A dashed crosshair means that your fertility signs are somehow in conflict. Look below the chart in the ovulation detector section for details. The horizontal line is called the coverline. The vertical line marks the day of ovulation.

DPO Count:

After ovulation you will find the count of your Days Past Ovulation (DPO) just above the coverline.

Green Line:

The temperature graph line turns green after recording an HPT positive.

- | | |
|---|--|
| CM Line – Cervical Fluid | Mon Line – Fertility Monitor |
| Test Line – Pregnancy Test | Cervix Line – Cervix |
| BD Line – Intercourse/IUI/IVF | Stats Line – Cycle History |
| OPK Line – Ovulation Predictor Kit | Mood Line |
| Fern Line – Saliva Microscope/Ferning Tests | Ener Line – Energy Level |

Cervical Fluid (CM Line):

The cervical fluid (also called cervical mucus and abbreviated CM) data line uses the following codes:

Label	Fluid	
M	Menses (Period)	A blank entry means that you did not record your CM that day.
L (Pink background)	Menses Light(Period)	
H (Pink background)	Menses Heavy (Period)	The Menses and spotting can be combined with the other fluid types in a two letter code. For example egg white fluid with spotting will be displayed "E*". Menses are displayed on a pink square.
*	Spotting	
–	Dry	
S	Sticky	The corresponding square is colored in green when your entry denotes a clearly fertile sign.
C	Creamy	
W	Watery	
E	Egg White	

Pregnancy Tests:

Label	Test
+	Positive
–	Negative
B+	Blood Test Positive
B–	Blood Test Negative

Intercourse/Insemination/Retrieval (BD Line):

Label	Meaning
X	Intercourse
AM	Intercourse in the morning
PM	Intercourse in the afternoon/evening
R	Egg Retrieval
I	IUI or Home IUI
XX	Intercourse morning and afternoon (More than once)

Ovulation Predictor Kit (OPK Line):

Label	OPK Result
+	Positive

Saliva Microscope/Ferning Test (Fern Line):

Label	Ferning Test Result
F	Full Ferning

-	Negative
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Fertile entries are displayed over a green square.

PF	Partial Ferning
-	None

Fertile signs are displayed over a green square.

Cervix (Cervix Line):

The cervix line uses a multi character representation:

Label	Position	Label	Texture	Label	Opening
H	High	S	Soft	O	Open
M	Medium	M	Medium	-	Medium
L	Low	F	Firm	C	Closed

Clearly fertile input are displayed over a green square.

Fertility Monitor (Mon Line):

Label	Monitor Display
L	Low
H	High
P	Peak

Fertile entries are displayed over a green square.

Cycle History/Stats (Stats Line):

The stats line displays data based on your cycle history.

	Predicted Ovulation Days
	Predicted Period Days
T	Recommended Test Date

The colored squares represent the most probable days for ovulation or menses based on a statistical analysis of your cycle history.

The stats line also displays when appropriate a countdown (numbers from 5 to 1) to the test date starting 5 days before the recommended test date.

Energy (Ener Line):

Label	Energy
H	High
N	Normal
L	Low

Mood:

The mood data entry uses the following code:

Label	Mood
G	Good
OK	Normal
B	Bad
SW	Swing

Medications Special, Custom Data

The chart also includes 3 categories of data which are displayed on multiple lines. The medications group

of data is displayed on multiple lines with a predefined code. The Special and Custom data use a system of numbers with the key directly available at the bottom of the chart.

Medications (Meds Lines):

The Medication/Medical Procedure lines use the following code:

Label	Meaning
C	Clomid
E	Estrogen
FS	FSH
FE	Femara/Letrozole
H	HCG
m	Metformin
P	Progesterone
X	Other
T	IVF Transfer
*	More than one selection

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