Welcome to MyFertilityCharts

Overview of Presentation

- **Basic Site Navigation**
- **Recording Information**
- **Ovulation Charts**
- **Advanced Charting Tools**
- **Calendar View**
- **Analysis Links**
- **Data Sharing**
- **Message Boards and Messages**
- **Miscellaneous Administration**

Basic Site Navigation

What would you like to do?

HOME LINKS:

Main Menu	Help	Account History
Synchronization	Terms of Use	Log Out

DATA LINKS:

Fertility Data	Event Data	Reminders
Calendar	My Friends Data	

ANALYSIS LINKS:

Event Analysis	Cycle Stats	Ovulation Testing
Gender Swaying	Pregnancy	

CHARTING LINKS:

Ovulation Charts	My Friends Charts	Chart Overlays
Compare Charts	Chart Library	

What would you like to do?

 HOME LINKS:

Main Menu	Help	Account History
Synchronization	Terms of Use	Log Out

 DATA LINKS:

Fertility Data	Event Data	Reminders
Calendar	My Friends Data	

Categorized Links

...NKS:

Event Analysis	Σ_σ Cycle Stats	Ovulation Testing
Gender Swaying	Pregnancy	

 CHARTING LINKS:

Ovulation Charts	My Friends Charts	Chart Overlays
Compare Charts	Chart Library	

What would you like to do?

HOME LINKS:

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| Synchronization | Terms of Use | Log Out |

DATA LINKS:

| Fertility Data | Event Data | Reminders |
| Calendar | My Friends Data | |

ANALYSIS LINKS:

| Event Analysis | Cycle Stats | Ovulation Testing |
| Gender Swaying | Pregnancy | |

CHARTING LINKS:

| Ovulation Charts | My Friends Charts | Chart Overlays |
| Compare Charts | Chart Library | |

Page Links

Page Format

Mini Calendar

MyFertilityCharts.com

Home Data Analysis Charting Messages Misc

Show Calendar Legend

< Prev		December 2008			Next >	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	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	1	2	3
4	5	6	7	8	9	10

Compact Menu

☐ View Select Cycles

Select Cycles for Overlay

⊟ Hide Overlay Options

Display Options

○ Align Cycle Start Dates
○ Align Primary Ovulation Dates
⊙ Align BBT Ovulation Dates
○ Align Gap Method Ovulation Dates
○ Align Cycle End Dates

⊙ Overlay Traditional Temperatures
○ Overlay Gap Temperatures

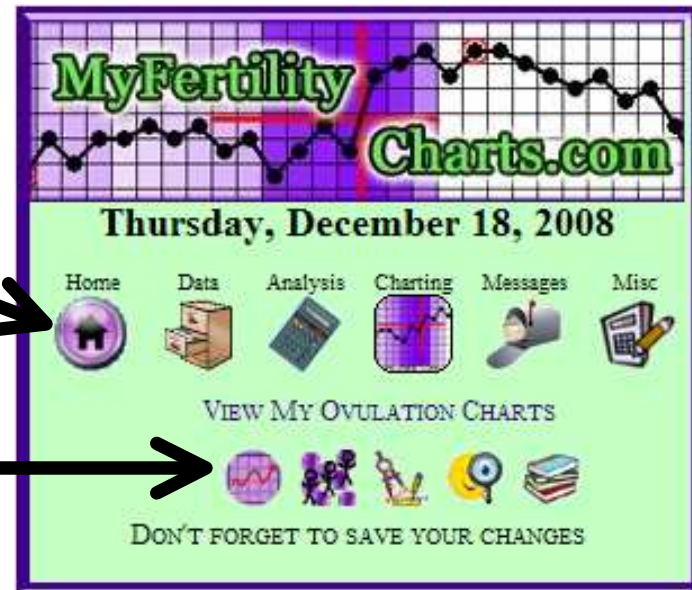☑ Shift Temperatures to Align Coverlines

Lower Content Section

Compact Menu

STEP 1: Hover your mouse over each category icon. Associated page link icons will appear below.

STEP 2: Hover over page link icons to see a short description. Click to on the icon to go there.

MyFertility Charts.com

Thursday, December 18, 2008

Home Data Analysis Charting Messages Misc

VIEW MY OVULATION CHARTS

DON'T FORGET TO SAVE YOUR CHANGES

Home

TIP: You can click on the "Home" button to return to the Main Menu

Mini Calendar

Hover your mouse to see a legend for the colors used

Select Another Date To Enter or View Data:

Show Calendar Legend

< Prev		December 2008				Next >
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	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	1	2	3
4	5	6	7	8	9	10

CD 14 & DPO 0 (ovulation)

Show Calendar Legend

Days on the calendar are shaded as follows:

Today		Selected Date
Menstruation		Future Menstruation
Ovulation		Future Ovulation
Pregnancy		

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	1	2	3
4	5	6	7	8	9	10

TIP: Hover your mouse over calendar dates to show more information

Click on dates to load/view data

Recording Information

1. **Fertility Symptoms**

   - Cycle Dates, Temperature, Mucus, Ovulation Tests, etc.

2. **Events**

   - Illnesses, Medications, Moods, etc.

3. **Reminders**

   - Appointments, Activities, etc.

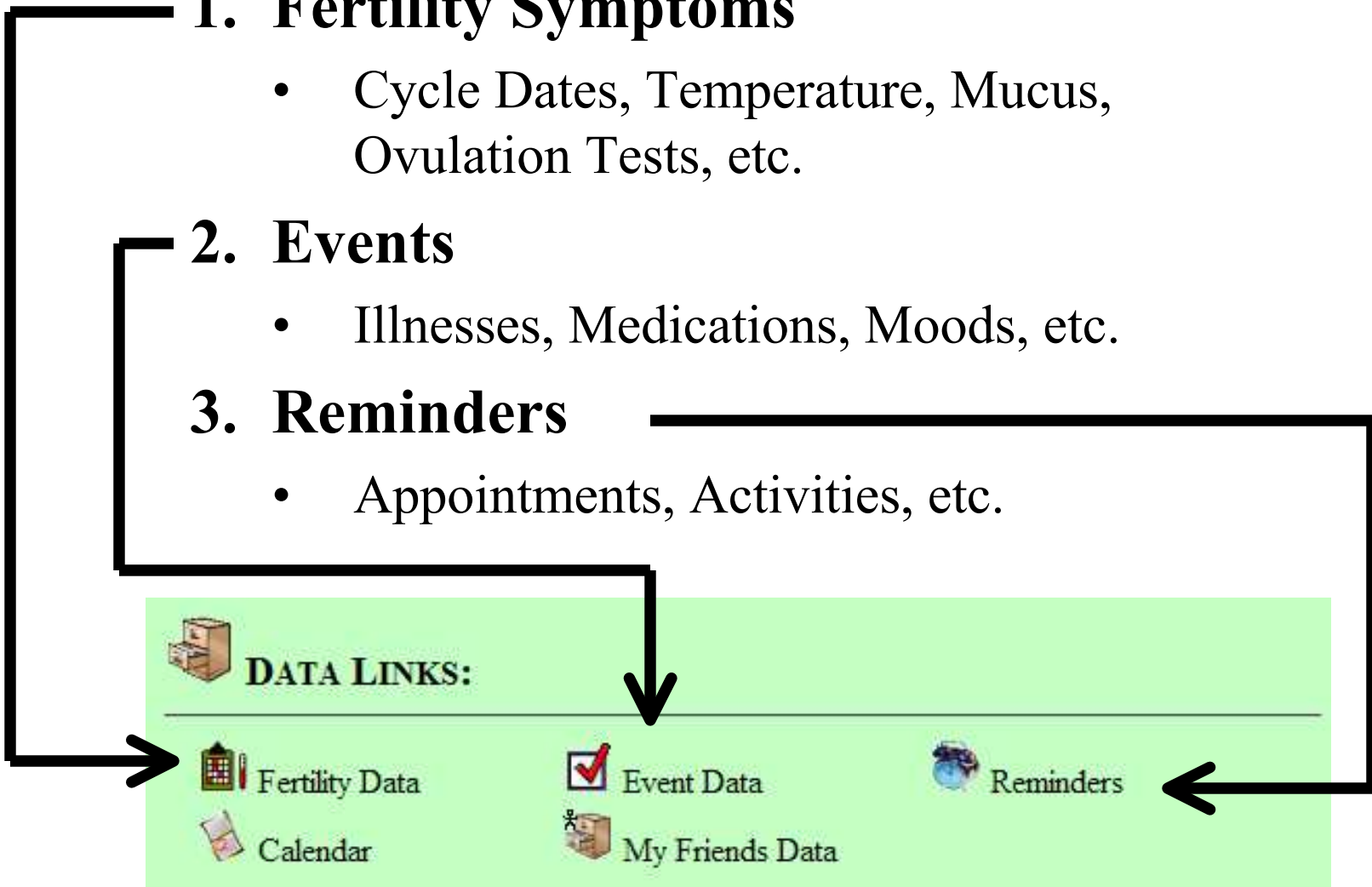**DATA LINKS:**

Fertility Data   Event Data   Reminders

Calendar   My Friends Data

Fertility Symptoms

STEP 1: Select a date by clicking on the calendar

Select Another Date To Enter or View Data:

Show Calendar Legend

< Prev		March 2009				Next >
Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28
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	1	2	3	4

Tuesday, March 10, 2009

Home Data Analysis Charting Messages Misc

DON'T FORGET TO SAVE YOUR CHANGES

Recorded Symptoms for Tuesday, March 10, 2009 [Save]

⊟ Hide Fertility Symptoms

Temperature:
98.4 °F
☐ Uncertain Temp
☐ Discard Temp

Temp Time/Details:

Partner Temp:
___ °F
☐ Uncertain Temp
☐ Discard Temp

Cervical Mucus Sensation:
○ N/A
○ Dry
◉ Moist or Sticky
○ Wet
○ Slippery

Cervical Mucus Color:
○ N/A
○ No Visible Mucus
◉ White
○ Cloudy
○ Transparent

Cervical Mucus Consistency:
○ N/A
○ No Visible Mucus
◉ Holds Shape
○ Slightly Stretchy
○ Stretchy

Cervical Mucus Thickness:
○ N/A
○ No Visible Mucus
◉ Thick
○ Thinner
○ Thin

Saliva Ferning:
○ N/A
○ None
◉ Transitional
○ Ferning

Cervix Position:
○ N/A
◉ Low
○ In Between
○ High

Cervix Consistency:
○ N/A
◉ Firm
○ In Between
○ Soft

Cervix Diameter:
○ N/A
◉ Closed
○ In Between
○ Open

☐ Menstruation

Ovulation Test Results:
◉ N/A ○ Positive ○ Negative

☐ **Intercourse**
☐ **Birth Control**

Intercourse Time/Notes:

Fertility Symptoms

STEP 2: Record information

Tuesday, March 10, 2009

Home   Data   Analysis   Charting   Messages   Misc

DON'T FORGET TO SAVE YOUR CHANGES

Select Another Date To Enter or View Data:
Show Calendar Legend

< Prev		March 2009				Next >
Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28
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	1	2	3	4

Recorded Symptoms for Tuesday, March 10, 2009   [Save]

⊟ Hide Fertility Symptoms

Temperature:
98.4 °F
☐ Uncertain Temp
☐ Discard Temp

Temp Time/Details:

Partner Temp:
_____ °F
☐ Uncertain Temp
☐ Discard Temp

Cervical Mucus Sensation:
○ N/A
○ Dry
◉ Moist or Sticky
○ Wet
○ Slippery

Saliva Ferning:
○ N/A
○ None
◉ Transitional
○ Ferning

Cervical Mucus Color:
○ N/A
○ No Visible Mucus
◉ White
○ Cloudy
○ Transparent

Cervix Position:
○ N/A
◉ Low
○ In Between
○ High

Cervical Mucus Consistency:
○ N/A
○ No Visible Mucus
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○ Slightly Stretchy
○ Stretchy

Cervix Consistency:
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◉ Firm
○ In Between
○ Soft

Cervical Mucus Thickness:
○ N/A
○ No Visible Mucus
◉ Thick
○ Thinner
○ Thin

Cervix Diameter:
○ N/A
◉ Closed
○ In Between
○ Open

☐ Menstruation

Ovulation Test Results:
◉ N/A ○ Positive ○ Negative

☐ Intercourse
☐ Birth Control

Intercourse Time/Notes:

Fertility Symptoms

STEP 3: Save changes

TIP: For more information on recording the various fertility symptoms, visit:

http://www.FertilityInstructor.com/

Example: Recording a Cycle

Check the *Menstruation* box

Save your changes

Example: Recording a Cycle

MyFertilityCharts.com

Thursday, July 02, 2009

Home   Data   Analysis   Charting   Messages   Misc

SAVED CHANGES

SAVED CHANGES

Select Another Date To Enter or View Data:
Show Calendar Legend

Repeat for the other days

31	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	1	2	3	4
5	6	7	8	9	10	11

Recorded Symptoms for Thursday, July 02, 2009

Save

⊟ Hide Fertility Symptoms

Temperature:
[____] °F
☐ Uncertain Temp
☐ Discard Temp

Temp Time/Details:
[_____]

Partner Temp:
[____] °F
☐ Uncertain Temp
☐ Discard Temp

☑ **Menstruation**

Cervical Mucus Sensation:
⊙ N/A
○ Dry
○ Moist or Sticky
○ Wet
○ Slippery

Saliva Ferning:
⊙ N/A
○ None
○ Transitional
○ Ferning

Cervical Mucus Color:
⊙ N/A
○ No Visible Mucus
○ White
○ Cloudy
○ Transparent

Cervix Position:
⊙ N/A
○ Low
○ In Between
○ High

Cervical Mucus Consistency:
⊙ N/A
○ No Visible Mucus
○ Holds Shape
○ Slightly Stretchy
○ Stretchy

Cervix Consistency:
⊙ N/A
○ Firm
○ In Between
○ Soft

Cervical Mucus Thickness:
⊙ N/A
○ No Visible Mucus
○ Thick
○ Thinner
○ Thin

Cervix Diameter:
⊙ N/A
○ Closed
○ In Between
○ Open

Ovulation Test Results:
⊙ N/A   ○ Positive   ○ Negative

☐ **Intercourse**
☐ **Birth Control**

Intercourse Time/Notes:
[_____]

Events

STEP 1: Select a date by clicking on the calendar

Charts.com

Wednesday, January 14, 2009

Home   Data   Analysis   Charting   Messages   Misc

DON'T FORGET TO SAVE YOUR CHANGES

Show Calendar Legend

< Prev		January 2009			Next >	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29	30	31	1	2	3
4	5		7	8	9	10
11	12	13	14	15	16	17
18	19	20		CD 21 & DPO 5		24
	26	27	28	29	30	31
1	2	3	4	5	6	7

Recorded Symptoms for Wednesday, January 14, 2009

Save

⊟ Hide Custom Events

☐ Easily Angered   ☐ Irritable
☐ Sleepy   ☐ Playful Mood
☑ Sad   ☐ Sick
                     ☐ ...ntic
                     ...ne Headache
                     ...rual Cramps
☐ Studious   ☐ Spotting

STEP 2: Check desired events

Example:

⊟ Hide Emo... ...vents

☐ Energetic   ☐ Sadness
☐ Stress   ☐ Mood Swings
☐ Irritable

⊟ Hide Physical Events

☐ Acne   ☐ Diarrhea   ☐
☐ Backache   ☐ Di...ness
☐ Bloating   ☐ Fatigue   ☐ Migraine
☐ Breast Tenderness ☐ Fever   ☐ Nausea
☐ Constipation   ☐ Frequent Urination   ☐ Ovulation Pain
☐ Cramping   ☐ Gassy   ☐ PMS
☐ Decreased Appetite ☐ Headache   ☑ Spotting

STEP 3: Save changes

Events

Recorded Symptoms for Wednesday, January 14, 2009

Save

Custom Events

⊟ Hide Custom Events

☐ Easily Angered   ☐ Irritable
☐ Sleepy   ☐ Playful Mood
☑ Sad   ☐ Sick
☐ Cheerful   ☑ Romantic
☐ Shopping Spree   ☐ Migraine Headache
☑ Sexual   ☐ Menstrual Cramps
☐ Studious   ☐ Spotting

Predefined Events

⊟ Hide Emotional Events

☐ Anxiety   ☐ Energetic   ☐ Sadness
☐ Depression   ☐ Stress   ☐ Mood Swings
☐ Happiness   ☐ Irritable

⊟ Hide Physical Events

☐ Acne   ☐ Diarrhea   ☐ Increased Appetite
☐ Backache   ☐ Dizziness   ☐ Increased Libido
☐ Bloating   ☐ Fatigue   ☐ Migraine
☐ Breast Tenderness   ☐ Fever   ☐ Nausea
☐ Constipation   ☐ Frequent Urination   ☐ Ovulation Pain
☐ Cramping   ☐ Gassy   ☐ PMS
☐ Decreased Appetite   ☐ Headache   ☑ Spotting
☐ Decreased Libido   ☐ Heartburn   ☐ Yeast Infection

⊟ Hide Actions

☐ Alcohol Consumption   ☐ Insemination   ☐ Mucus Obscurred
☐ Breast Self Exam   ☐ Insomnia   ☐ Faintness
☐ Exercise   ☐ Intense Dreams   ☐ Restless Night
☐ Illness   ☐ IVF Transfer   ☐ Traveling

⊟ Hide Medications

☐ Clomid   ☐ FSH   ☐ Metformin
☐ Estrogen   ☐ HCG   ☐ Progesterone
☐ Femara/Letrozole

Events

Setting Custom Events

SETTINGS LINKS:

My Account Settings   My Data Sharing   Define Custom Events

Manage Subscription

Modify Custom Events

Current Events

Select Category Event to Delete or Rename:

Irritable

Delete Selected Event

New Name:

Rename Selected

Adding a New Event

New Event To Add: My New Event

Add New Event

Reminders

STEP 1: Select a date by clicking on the calendar

STEP 2: Configure reminders

Record or View Reminders:
Color Legend

2009   Next >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28
1	2	3	4	5	6	7
	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Saturday, December 20, 2008

Home   Data   Analysis   Charting   Messages   Misc

Monday, March 16, 2009

Current Reminders

Existing Reminder or Appointment:

Time: **3:00 pm**   Edit Reminder

Description: **Doctor's Appointment**   Delete

[Save Changes]

Adding New Reminders

Create a New Reminder or Appointment

Enter Time:

Enter Description:

[Create New]
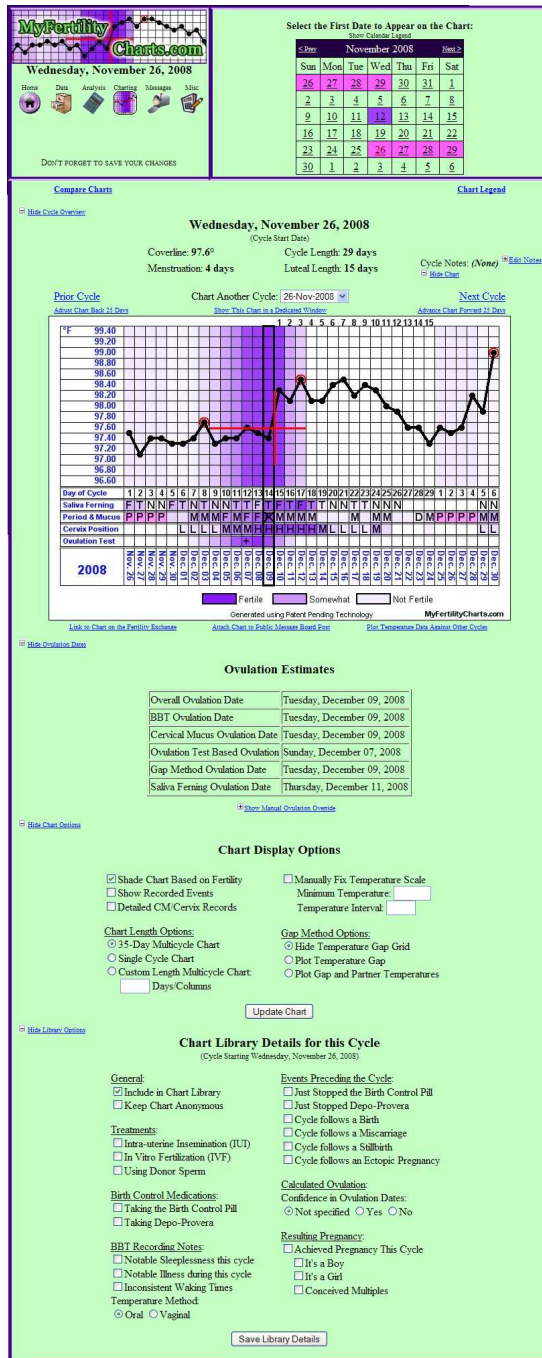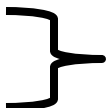
Ovulation Charts

Overview

Cycle Highlights
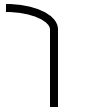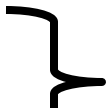
Ovulation Chart

Calculated Ovulation Dates
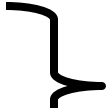
Chart Display Options
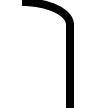
Chart Library Information

Loading Ovulation Charts

Method 1:

Click on a calendar date

Select the First Date to Appear on the Chart:

Show Calendar Legend

< Prev		March 2009				Next >
Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28
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	1	2	3	4

Home   Data   Analysis   Charting   Messages   Misc

DON'T FORGET TO SAVE YOUR CHANGES

Compare Charts

Chart Legend

Hide Cycle Overview

Saturday, March 21, 2009

(Cycle Start Date)

Coverline: **97.4°**   Cycle Length: **31 days**

Menstruation: **4 days**   Luteal Length: **13 days**

Cycle Notes: *(None)*   Edit Notes

Hide Chart

Prior Cycle   Chart Another Cycle: 21-Mar-2009 ▾   Next Cycle

Adjust Chart Back 25 Days   Show This Chart in Dedicated Window   Advance Chart Forward 25 Days

Method 2:

Select a Known Cycle

1 2 3 4 5 6 7 8 9 10 11 12 13

97.90
97.70
97.50
97.30
97.10
96.90
96.70

Loading Ovulation Charts

Jump to Previous Cycle

Jump to Next Cycle
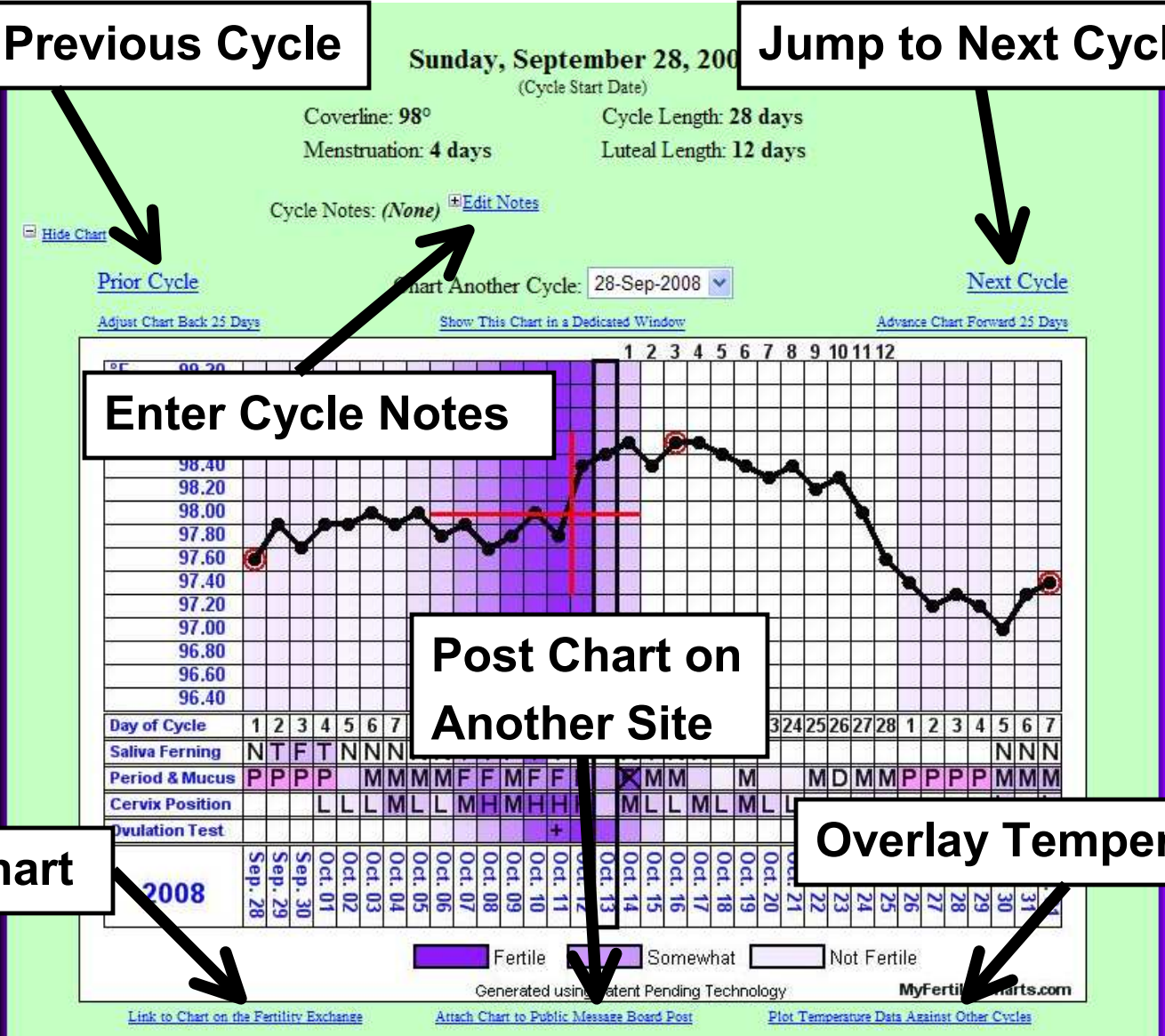
Enter Cycle Notes

Post Chart on Another Site

Post Chart

Overlay Temperatures

Sunday, September 28, 200
(Cycle Start Date)

Coverline: **98°**   Cycle Length: **28 days**
Menstruation: **4 days**   Luteal Length: **12 days**

Cycle Notes: *(None)* ⊞Edit Notes

⊟ Hide Chart

Prior Cycle   Chart Another Cycle: 28-Sep-2008 ▾   Next Cycle

Adjust Chart Back 25 Days   Show This Chart in a Dedicated Window   Advance Chart Forward 25 Days

°F	99.20										1 2 3 4 5 6 7 8 9 10 11 12					

Temperature scale: 98.40, 98.20, 98.00, 97.80, 97.60, 97.40, 97.20, 97.00, 96.80, 96.60, 96.40

Day of Cycle	1	2	3	4	5	6	7																	3	24	25	26	27	28	1	2	3	4	5	6	7
Saliva Ferning	N	T	F	T	N	N	N																											N	N	N
Period & Mucus	P	P	P	P		M	M	M	F	F	M	F	F		X	M	M		M			M	D	M	M	P	P	P	P	M	M	M				
Cervix Position				L	L	L	M	L	L	M	H	M	H	H		M	L	L	M	L	M	L	M	L												
Ovulation Test												+																								

Dates: Sep. 28, Sep. 29, Sep. 30, Oct. 01, Oct. 02, Oct. 03, Oct. 04, Oct. 05, Oct. 06, Oct. 07, Oct. 08, Oct. 09, Oct. 10, Oct. 11, Oct. 12, Oct. 13, Oct. 14, Oct. 15, Oct. 16, Oct. 17, Oct. 18, Oct. 19, Oct. 20, Oct. 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31

2008

■ Fertile   ■ Somewhat   □ Not Fertile

Generated using Patent Pending Technology   MyFertileCharts.com

Link to Chart on the Fertility Exchange   Attach Chart to Public Message Board Post   Plot Temperature Data Against Other Cycles

Reading Ovulation Charts

Temperature Plot

Other Symptoms

Recorded Events

Fertile | Somewhat | Not Fertile

Generated using Patent Pending Technology

MyFertilityCharts.com

Reading Ovulation Charts

Overall Calculation Ovulation Date
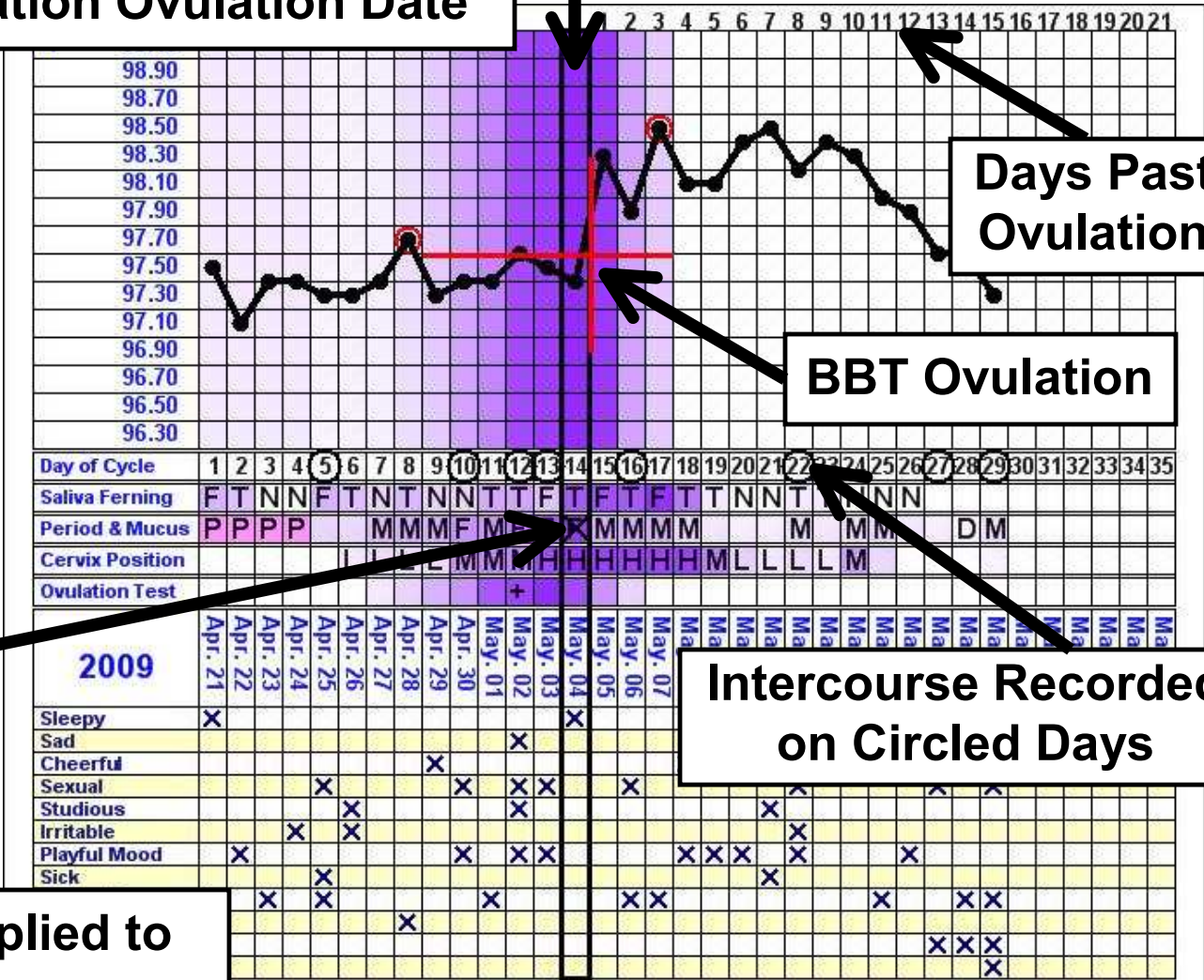
Days Past Ovulation

BBT Ovulation

CM Ovulation

Intercourse Recorded on Circled Days

Shading Applied to Individual Symptoms

Fertile | Somewhat | Not Fertile

Generated using Patent Pending Technology

MyFertilityCharts.com

2009

Reading Ovulation Charts

Temperature Notes

Intercourse Notes

Personal Notes

7:15am - Did not sleep well

Intercourse at 10pm

I have been sneezing a lot today. I hope I am not getting sick.

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
Saliva Ferning	F	T	N	N	F	T	T	N	N	T	T	T	F	T	F	T	F	T	T	N	N	T	T	N	N	N									
Period & Mucus	P	P	P	P			M	M	M	M	M	M	M	M	M	M	M	M	M				M		M	M		D	M						
Cervix Position					L	L	L		L	M	M	M	H	H	H	H	H	H	M	L	L	L	M												
Ovulation Test														+																					

TIP: You can click on a column to go edit Fertility Symptoms or Recorded Events for the given date

	Apr. 23	Apr. 24	Apr. 25	Apr. 26	Apr. 27	Apr. 28	Apr. 29	Apr. 30	May. 01	May. 02	May. 03	May. 04	May. 05	May. 06	May. 07	May. 08	May. 09	May. 10	May. 11	May. 12	May. 13	May. 14	May. 15	May. 16	May. 17	May. 18	May. 19	May. 20	May. 21	May. 22	May. 23	May. 24	May. 25
Sleepy	X									X							X						X	X									
Sad								X																									
Cheerful						X						X			X				X			X											
Sexual			X			X		X	X		X																						
Studious			X	X				X																									
Irritable		X	X																														
Playful Mood	X					X		X	X																								
Sick			X																														
Romantic		X	X				X			X																							
Migraine Heada				X																													
Menstrual Cram	X																																
Spotting																																	

■ Fertile   ■

Generated using Patent Pending Technology   MyFertilityCharts.com

Reading Ovulation Charts

Fertility Instructor.com — Helping You Monitor Your Fertility

HOME   YOUR GOAL   HOW IT WORKS   SYMPTOMS   CHART NOW

Recommended Pages for Further Reading

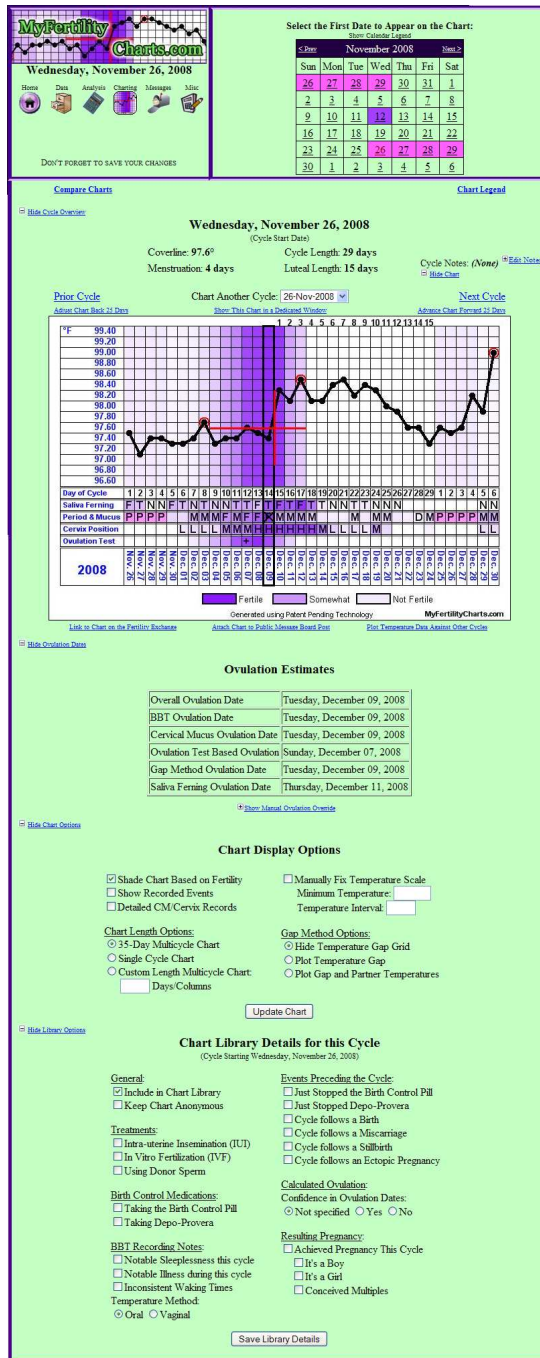- Chart Shading Can Make Charts More Readable
- Analyzing Fertility
- Automated

Symptothermal charts can come in many different formats. Some charts include fields for many different symptoms. Others may only include spaces for temperature and cervical mucus data. A given **software** package will describe its standard conventions. This page aims to introduce some common notations to help introduce **paper** and **electronic** charting.

Charting Overview

Almost all charts are organized with different symptoms appearing in a separate row or rows from the top to the bottom of the chart. Each column represents a day with the earliest date in the far left column.

TIP: For help understanding ovulation charts, visit:

http://www.FertilityInstructor.com/ChartLegend.html

Overview

- **Cycle Highlights** ✓
- **Ovulation Chart** ✓
- **Calculated Ovulation Dates**
- **Chart Display Options**
- **Chart Library Information**

Screenshot content

MyFertilityCharts.com
Wednesday, November 26, 2008
Home Data Analysis Charting Messages Misc
DON'T FORGET TO SAVE YOUR CHANGES

Select the First Date to Appear on the Chart:
Show Calendar Legend
< Prev   November 2008   Next >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	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	1	2	3	4	5	6

Compare Charts   Chart Legend

Hide Cycle Overview

Wednesday, November 26, 2008
(Cycle Start Date)

Coverline: 97.6°   Cycle Length: 29 days   Cycle Notes: (None) Edit Notes
Menstruation: 4 days   Luteal Length: 15 days   Hide Chart

Prior Cycle   Chart Another Cycle: 26-Nov-2008   Next Cycle
Adjust Chart Back 25 Days   Show This Chart in a Dedicated Window   Advance Chart Forward 25 Days

Fertile   Somewhat   Not Fertile
Generated using Patent Pending Technology   MyFertilityCharts.com

Link to Chart on the Fertility Exchange   Attach Chart to Public Message Board Post   Plot Temperature Data Against Other Cycles

Hide Ovulation Dates

Ovulation Estimates

Overall Ovulation Date	Tuesday, December 09, 2008
BBT Ovulation Date	Tuesday, December 09, 2008
Cervical Mucus Ovulation Date	Tuesday, December 09, 2008
Ovulation Test Based Ovulation	Sunday, December 07, 2008
Gap Method Ovulation Date	Tuesday, December 09, 2008
Saliva Ferning Ovulation Date	Thursday, December 11, 2008

Show Manual Ovulation Override

Hide Chart Options

Chart Display Options

☑ Shade Chart Based on Fertility   ☐ Manually Fix Temperature Scale
☐ Show Recorded Events   Minimum Temperature: ___
☐ Detailed CM/Cervix Records   Temperature Interval: ___

Chart Length Options: Gap Method Options:
○ 35-Day Multicycle Chart   ● Hide Temperature Gap Grid
○ Single Cycle Chart   ○ Plot Temperature Gap
○ Custom Length Multicycle Chart: ○ Plot Gap and Partner Temperatures
___ Days/Columns

Update Chart

Hide Library Options

Chart Library Details for this Cycle
(Cycle Starting Wednesday, November 26, 2008)

General:
☑ Include in Chart Library
☐ Keep Chart Anonymous

Treatments:
☐ Intra-uterine Insemination (IUI)
☐ In Vitro Fertilization (IVF)
☐ Using Donor Sperm

Birth Control Medications:
☐ Taking the Birth Control Pill
☐ Taking Depo-Provera

BBT Recording Notes:
☐ Notable Sleeplessness this cycle
☐ Notable Illness during this cycle
☐ Inconsistent Waking Times
Temperature Method:
● Oral ○ Vaginal

Events Preceding the Cycle:
☐ Just Stopped the Birth Control Pill
☐ Just Stopped Depo-Provera
☐ Cycle follows a Birth
☐ Cycle follows a Miscarriage
☐ Cycle follows a Stillbirth
☐ Cycle follows an Ectopic Pregnancy

Calculated Ovulation:
Confidence in Ovulation Dates:
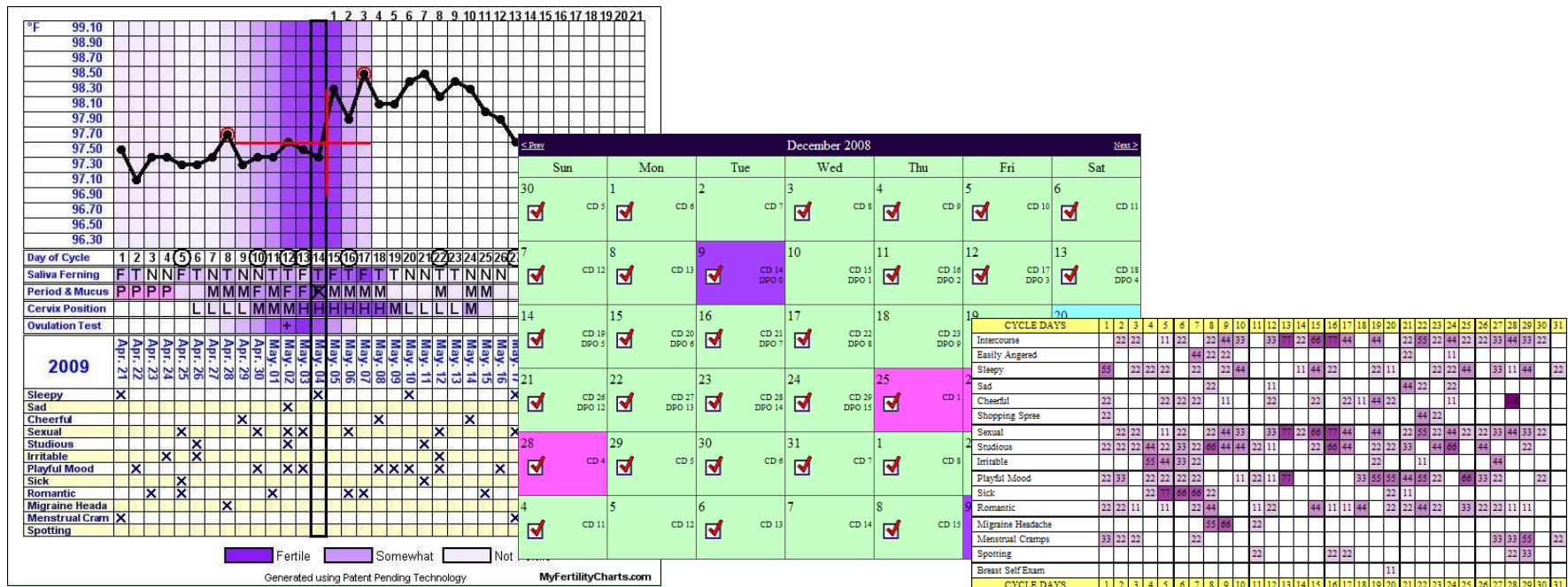● Not specified ○ Yes ○ No

Resulting Pregnancy:
☐ Achieved Pregnancy This Cycle
☐ It's a Boy
☐ It's a Girl
☐ Conceived Multiples

Save Library Details

Chart Display Options

Display Options

Duration of Chart

Adjust Temperature Scale

Chart Display Options

☑ Shade Chart Based on Fertility
☑ Show Recorded Events
☐ Detailed CM/Cervix Records

☐ Manually Fix Temperature Scale
　　Minimum Temperature: _____
　　Temperature Interval: _____

Chart Length Options:
⦿ 35-Day Multicycle Chart
○ Single Cycle Chart
○ Custom Length Multicycle Chart:
　____ Days/Columns

Gap Method Options:
○ Hide Temperature Gap Grid
⦿ Plot Temperature Gap
○ Plot Gap and Partner Temperatures

[Update Chart]
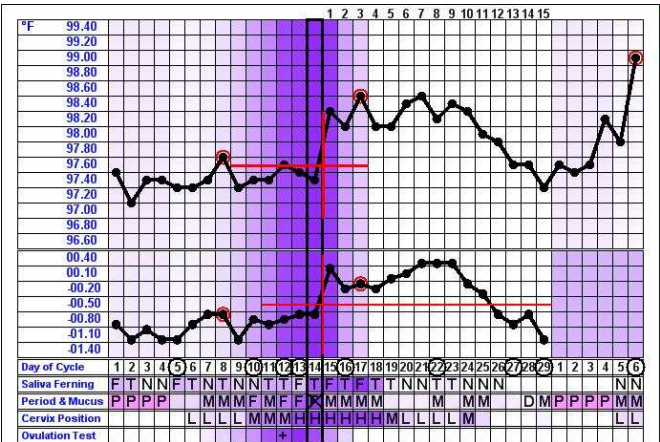
Gap Method Subplot of Partner Temps

Ovulation Dates

Click for Background Information
(FertilityInstructor.com)

Ovulation Estimates

Overall Ovulation Date	Tuesday, December 09, 2008
BBT Ovulation Date	Tuesday, December 09, 2008
Cervical Mucus Ovulation Date	Tuesday, December 09, 2008
Ovulation Test Based Ovulation	Sunday, December 07, 2008
Gap Method Ovulation Date	Tuesday, December 09, 2008
Saliva Ferning Ovulation Date	Thursday, December 11, 2008
Rhythm Method Estimate	Thursday, December 11, 2008

⊞Manually Specify Ovulation Date

Overall Estimate

Estimate for Each Technique

Manually Specify Ovulation Date

Ovulation Dates

Click on Desired Ovulation Date

⊟ Hide Manual Override Options

Manually Override Ovulation Date

< Prev		December 2008				Next >
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	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	1	2	3
4	5	6	7	8	9	10

Calculated ovulation:
Tuesday, December 09, 2008
(Currently not overriden)

Click on a date to the left to manually override the overall ovulation date.

☐ Mark Cycle as Anovulatory

Mark Anovulatory

Blue = Manually Overridden Date

Black = Auto Calculated Date
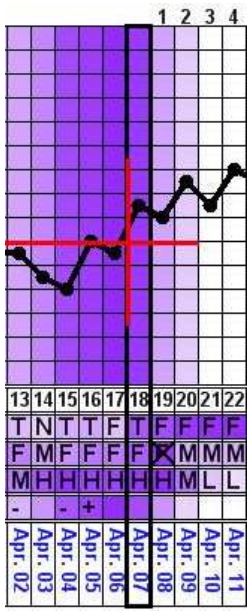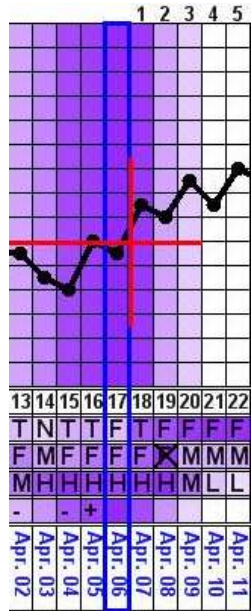
Chart Library Information

Chart Library Details for this Cycle
(Cycle Starting Saturday, March 21, 2009)

General:
☑ Include in Chart Library
☐ Keep Chart Anonymous

Treatments:
☐ Intra-uterine Insemination (IUI)
☐ In Vitro Fertilization (IVF)
☐ Using Donor Sperm

Birth Control Medications:
☐ Taking the Birth Control Pill
☐ Taking Depo-Provera

BBT Recording Notes:
☐ Notable Sleeplessness this cycle
☐ Notable Illness during this cycle
☐ Inconsistent Waking Times
Temperature Method:
◉ Oral ○ Vaginal

Events Preceding the Cycle:
☐ Just Stopped the Birth Control Pill
☐ Just Stopped Depo-Provera
☐ Cycle follows a Birth
☐ Cycle follows a Miscarriage
☐ Cycle follows a Stillbirth
☐ Cycle follows an Ectopic Pregnancy

Calculated Ovulation:
Confidence in Ovulation Dates:
◉ Not specified ○ Yes ○ No

Resulting Pregnancy:
☐ Achieved Pregnancy This Cycle
  ☐ It's a Boy
  ☐ It's a Girl
  ☐ Conceived Multiples

Save Library Details

Advanced Charting Tools

Advanced Charting Tools

- **Chart Overlays**
- **Chart Comparisons**
- **Chart Library**

Chart Overlays

Overlays Involving Other User Charts

STEP 1: View the other user's chart you wish to overlay:
- *Chart Library*
- *My Friends' Charts*
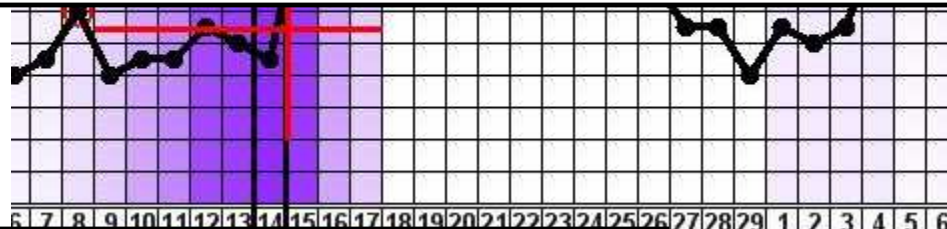
STEP 2: Click on the "*Plot Temperature Data Against Other Cycles*" link
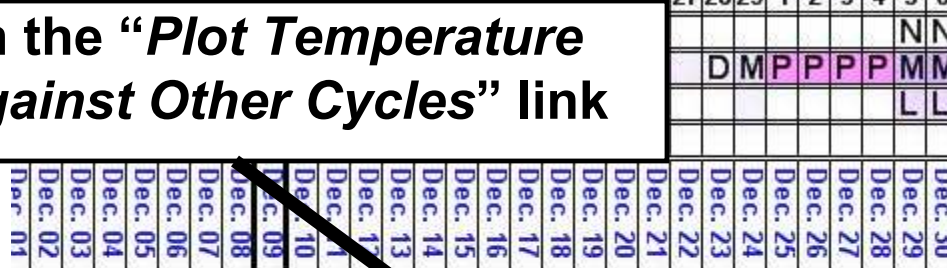
6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 1 2 3 4 5 6

N N
D M P P P P M M
L L

Dec. 02 | Dec. 03 | Dec. 04 | Dec. 05 | Dec. 06 | Dec. 07 | Dec. 08 | Dec. 09 | Dec. 10 | Dec. 1 | Dec. 13 | Dec. 14 | Dec. 15 | Dec. 16 | Dec. 17 | Dec. 18 | Dec. 19 | Dec. 20 | Dec. 21 | Dec. 22 | Dec. 23 | Dec. 24 | Dec. 25 | Dec. 26 | Dec. 27 | Dec. 28 | Dec. 29 | Dec. 30

Fertile   Somewhat   Not Fertile

Generated using Patent Pending Technology   MyFertilityCharts.com

Attach Chart to Public Message Board Post   Plot Temperature Data Against Other Cycles

Chart Overlays

Generating an Overlay

STEP 1: Select Cycles

Select Cycles for Overlay

-- 21-Mar-2009 --   -- 25-Dec-2008 --   -- 28-Nov-2008 (dyruka) --

MY CYCLES:
-- 21-Apr-2009 --
-- 21-Mar-2009 --
-- 21-Feb-2009 --
-- 23-Jan-2009 --
-- 25-Dec-2008 --
-- 26-Nov-2008 --
-- 26-Oct-2008 --
-- 28-Sep-2008 --
-- 30-Aug-2008 --
-- 01-Aug-2008 --
OTHER USER CYCLES:
-- 28-Nov-2008 (dyruka) --
-- 26-Aug-2008 (reeco) --

⊟ Hide Overlay Options

STEP 2: Set Options

Display Options

○ Align Cycle Start Dates
○ Align Primary Ovulation Dates
⊙ Align BBT Ovulation Dates
○ Align Gap Method Ovulation Dates
○ Align Cycle End Dates

⊙ Overlay Traditional Te
○ Overlay Gap Tempera

☑ Shift Temperatures to

Generate Overlay

STEP 3: Generate Overlay

Chart Overlays

Resulting Overlay

MyFertilityCharts.com

°F

99.10
98.90
98.70
98.50
98.30
98.10
97.90
97.70
97.50
97.30
97.10
96.90
96.70
96.50
96.30

-16 -15 -14 -13 -12 -11 -10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10 11 12 13 14

21-Mar-2009 View Full Chart
25-Dec-2008 View Full Chart
28-Nov-2008 (dyruka) View Full Chart

Color Legend

Days Past Ovulation

Chart Comparisons

STEP 1: Select First Cycle

Select First Cycle to Chart

-- 21-Apr-2009 --

MyFertilityCharts.com

°F
99.40
99.20
99.00
98.80
98.60
98.40
98.20
98.00
97.80
97.60
97.40
97.20
97.00

STEP 2: Select Second 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

Select Second Cycle to Chart

-- 25-Dec-2008 --

MyFertilityCharts.com

°F
99.40
99.20
99.00
98.80
98.60
98.40
98.20
98.00
97.80
97.60
97.40
97.20
97.00

STEP 3: Set Display Options

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

Chart Display Options

☑ Shade Chart Based on Fertility   ☐ Manually Fix Temperature Scale
☐ Show Recorded Events   Minimum Temperature: [   ]
☐ Detailed CM/Cervix Records   Temperature Interval: [   ]

Chart Length Options: Gap Method Options:
○ 35-Day Multicycle Chart   ◉ Hide Temperature Gap Grid
◉ Single Cycle Chart   ○ Plot Temperature Gap
○ Custom Length Multicycle Chart: ○ Plot Gap and Partner Temperatures
   [   ] Days/Columns

STEP 4: Update Charts

[Update Charts]

Return to the Main Menu

Chart Comparisons

TIP: Use the "Switch to View Chart" links to quickly jump between charts for comparison.

Chart Library

Two Types of Searches

(1) Find Like My Cycle

Automated Search Criteria

This search looks for similarities in the symptoms tracked and underlying analysis patterns. It excludes your own charts from the results and also filters results using analysis parameters that are not otherwise available.

Select Your Cycle:
[21-Apr-2009 ▾]

[Find Cycles like this One]

(2) Custom Search

Customized Search Criteria

You can customize the search parameters. All fields are optional. Fewer charts will match your criteria as you specify more and more parameters. Each checked box further refines your search. Blank boxes have no effect on the conducted search.

[Reset Choices]

General:
- ☑ Only Completed Cycles
- ☐ User Felt Confident in Analysis
- ☐ Manual Coverline Specified
- Goal: ○ Conception ○ Contraception

BBT Recording Notes:
- ☐ Sleeplessness
- ☐ Inconsistent Wakings
- ☐ Illness
- Temperature Method: ○ Oral ○ Vaginal

Resulting Pregnancies:
- ☐ Successful Conception
- ☐ It is a Boy
- ☐ It is a Girl
- ☐ Conceived Multiples

Recorded Medicines:
- ☐ No Recorded Medicines
- ☐ Clomid
- ☐ Estrogen
- ☐ Femara/Letrozole
- ☐ FSH
- ☐ HCG
- ☐ Metformin
- ☐ Progesterone
- ☐ Birth Control Pill
- ☐ Depo-Provera

Cycle Length Range:
- ☐ Cycles Not Shorter Than (>) [____] days
- ☐ Cycles Not Longer Than (<) [____] days

Female Age:
- ☐ Charting Female At Most (<) [____] years old
- ☐ Charting Female At Least (>) [____] years old

Luteal Length:
- ☐ Luteal length not longer than (<) [____] days
- ☐ Luteal length not shorter than (>) [____] days

Ovulation Cycle Day:
- ☐ Ovulation Cycle Day not later than day (<) [____] of the cycle (Early Ovulations)
- ☐ Ovulation Cycle Day not earlier than day (>) [____] of the cycle (Late Ovulations)

Actively Tracked Symptoms:
- ☐ Cervical Mucus
- ☐ Basal Body Temperatures
- ☐ Gap Method Temperatures
- ☐ Saliva Ferning Patterns
- ☐ Cervix Observations
- ☐ LH Ovulation Test Results

Primary Ovulation Date:
- ○ Date Still Unknown
- ○ No Ovulation (Annovulatory)
- ○ User Marked as Annovulatory
- ⊙ Date was Automatically Calculated
- ○ Date Has Been Manually Specified

Known Calculated Ovulation Dates:
- ☐ Basal Body Temperatures
- ☐ Cervical Mucus
- ☐ Saliva Ferning Patterns
- ☐ Gap Method Temperatures
- ☐ LH Ovulation Test Results

Treatments:
- ☐ Intra-uterine Insemination (IUI)
- ☐ In Vitro Fertilization (IVF)
- ☐ Donor Sperm

Events Preceding the Cycle:
- ☐ Coming off of the Birth Control Pill
- ☐ Coming off of Depo-Provera
- ☐ After a Miscarriage
- ☐ After a Birth
- ☐ Following a Still Birth
- ☐ After a Ectopic Pregnancy

Medical Conditions:
- ☐ Endometriosis
- ☐ Hypothyroidism
- ☐ Hyperthyroidism
- ☐ One Fallopian Tube
- ☐ One Ovary
- ☐ Polycystic Ovary Syndrome (PCOS)
- ☐ Progesterone Deficiency
- ☐ Low Sperm Count

[Search Chart Library]

Calendar View

Calendar View

Analysis Links

Analysis Links

- **Event Analysis**
- **Cycle Statistics**
- **Ovulation Testing (Recommended Test Dates)**
- **Gender Swaying**
- **Pregnancy**

Event Analysis

□ Hide Analysis Options

STEP 1: Select Technique

Display Options

○ Align Cycle Start Dates
◉ Align Primary Ovulation Dates
○ Align Cycle End Dates

STEP 2: Analyze

[Analyze Events]

□ Hide Analysis

STEP 3: View Results

Analysis Results

DAYS PAST OVULATION	-16	-15	-14	-13	-12	-11	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Intercourse		22			22			22	33	22	22	22	22	33	66	55	55	44	66	11	22	22	22	22	44	77			22	66	33		11
Easily Angered						22		22	22	22											22			11								
Sleepy		66		11	22	44		22	22	22		22		22	33		22			11	44	22	22		22		77	11				
Sad								22					11					22	44		22											
Cheerful	22				22	22	22		22	11			22		44		22	33				33		66	11							
Shopping Spree	22																	22	44													
Sexual	22			22			22	33	22	22	22	22	33	66	55	55	44	66	11	22	22	22	22	44	77			22	66	33		11
Studious	22	22	22	22	22	44	44	22	55	22	44	22		33	22	44	44		22	22	22	22	55	44		44	22					
Irritable		22		44	66	11		11						22						11		44										
Playful Mood		22	22	22	33		22	22			44	11	44	11	11		22	66	77	55	33		33	66		22	33					
Sick				22	66	66	77	22								22				11												
Romantic		22	22			11	22	33	22			22	33		22		55	11	22	22	44	22		44	22	11		11	11			
Migraine Headache								44	88	11																						
Menstrual Cramps	22	44		11		22																										
Spotting														22																		
Breast Self Exam																				11												
DAYS PAST OVULATION	-16	-15	-14	-13	-12	-11	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

Percentages from 0 to 100 are shown

Cycle Statistics

Cycle Statistics

Cycle Lengths:
Average Length: **29.2 days**
Standard Deviation: **1**
Shortest: **28 days**
Longest: **31 days**

Luteal Phases:
Average Length: **13 days**
Standard Deviation: **0.87**
Shortest: **12 days**
Longest: **15 days**

Total Number of Cycles: **10 cycles**

First Cycle: **2008-08-01**   Last Cycle: **2009-04-21**
Earliest Ovulation Cycle Day: **Day 14**
Latest Ovulation Cycle Day: **Day 18**

Cycle History

Start Date of Cycle	Length of Cycle	Ovulation Cycle Day	Origin of Ovulation Date	Luteal Phase Length
2009-04-21	(in process)	Day 14	Calculation	n/a
2009-03-21	31 days	Day 18	Calculation	13 days
2009-02-21	28 days	Day 16	Calculation	12 days
2009-01-23	29 days	Day 16	Calculation	13 days
2008-12-25	29 days	Day 16	Calculation	13 days
2008-11-26	29 days	Day 14	Calculation	15 days
2008-10-26	31 days	Day 18	Calculation	13 days
2008-09-28	28 days	Day 16	Calculation	12 days
2008-08-30	29 days	Day 16	Calculation	13 days
2008-08-01	29 days	Day 16	Calculation	13 days

Pregnancy History

Conception Date	Length	Status	Due/Birth Date

Recommended Test Dates
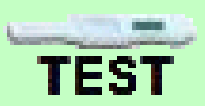
Recommended Days for Ovulation Testing

Recorded Test Results

Intercourse Notes
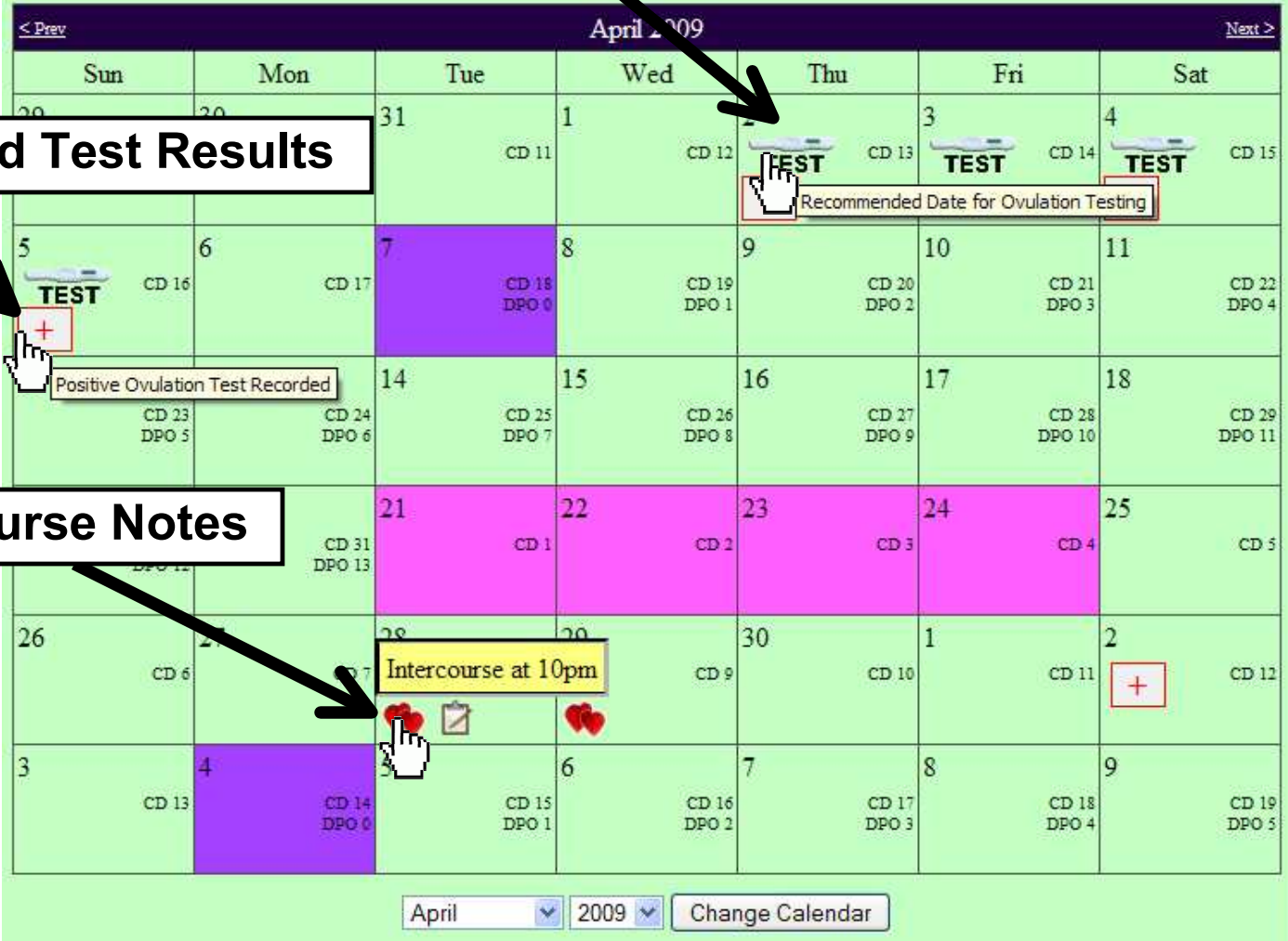
Gender Swaying

STEP 1: Select a date on the calendar

STEP 2: Select a Technique

STEP 3: View Results

Sunday, December 07, 2008

Home Data Analysis Charting Messages Misc

Select Another Date to View Gender Chances:
Show Calendar Legend

< Prev   December 2008   Next >

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	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	1	2	3
4	5	6	7	8	9	10
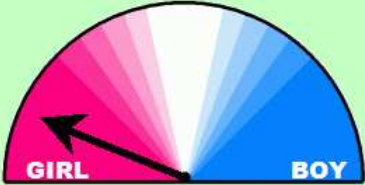
Gender Chances for Sunday, December 07, 2008

Please select which type of ovulation estimate you want to base your calculations on:

Ovulation Testing   Declared Ovulation   Calendar Method

Declared Ovulation Analysis

This analysis uses the overall ovulation date that was automatically calculated or manually specified for this cycle.

GIRL   BOY

More likely to conceive a girl

Most Recent Cycle Start Date: 2008-11-26

Ovulation Date: 2008-12-09
This ovulation date was automatically calculated based upon all recorded symptoms.

About Analysis: All recorded symptoms are taken into consideration to create this overall ovulation estimate. As a cycle evolves, this estimate may change. It can also be overridden if a manual ovulation date is specified instead. Since many symptoms cannot identify ovulation until one or more days afterward, this mode of analysis is most useful when looking back at past days. For day-to-day estimates, the *Ovulation Testing* method of analysis is recommended.
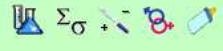
About the Shettles Method

Pregnancy

- **Record Conceptions**
- **Manage Due Dates**
- **View Pregnancy Progress**

Data Sharing

Data Sharing

- **My Friends' Data**

- **My Friends' Charts**

- **My Data Sharing**

My Friends' Data and Charts

The Hormonal Forecaster Web Edition

MyFertility Charts.com

Home   Data   Analysis   Charting   Messages   Misc

View Shared Data

Types of Data

Users Sharing Data with Me

Users Sharing With You

#	Name (Click to Share With)	Fertility Data	Charts	Personal Notes	Event Data
1	maara	View	View	Private	Private
2	artana	View	Private	View	Private

Users with Publically Shared Data

Ordering: Most Recent to Login

Users 26-50

Users Sharing With Everyone
(Public Community)

#	Name (Click to Share With)	Fertility Data	Charts	Notes	Event Data
1	example	View	View	View	View
2	suecha	Private	View	Private	Private
3	phy5	Private	View	Private	Private
4	mrsha	Private	View	Private	Private
5	andi6	Private	View	Private	Private
6	kamari	Private	View	Private	Private
7	herese	Private	View	Private	Private

Click on Links To View Data

My Data Sharing

STEP 1: Find user to share with

Modify Personal Data Sharing

Search for Another User to Share My Data:

Enter part or all of the user's username: [_____] *OR*

Enter part or all of the user's last name: [_____]

[Search for User]

Search for a Medical Provider to Share My Data:

Enter part or all of the provider's last name: [_____]

[Search for Provider]

STEP 2: Specify what types of data to share

Select the user you wish to share with:

[Public Community of Registered Users ▾]

Specify data to share with this user:

☑ Fertility Data
☑ Fertility Charts
☑ Event Data
Types of Recorded Notes:
　☑ Temperature Notes
　☑ Cycle Notes
　☑ Personal Notes
　☑ Intercourse Notes

STEP 3: Save

[Share My Selected Data]

My Data Sharing

Existing Data Sharing Permissions

Current Permissions

**Click to change sharing settings**

Existing Data Sharing:

Users who can view my data (Click to Edit)	Fertility Data	Charts	Types of Shared Notes	Event Data
Public Community of Registered Users	No	Yes	None	No
araltn	Yes	Yes	Temperature, Cycle, Personal	Yes

Share My Data with **Someone New**
Share My Data with the **Entire Community**

Specify sharing with everyone

Message Boards and Messages
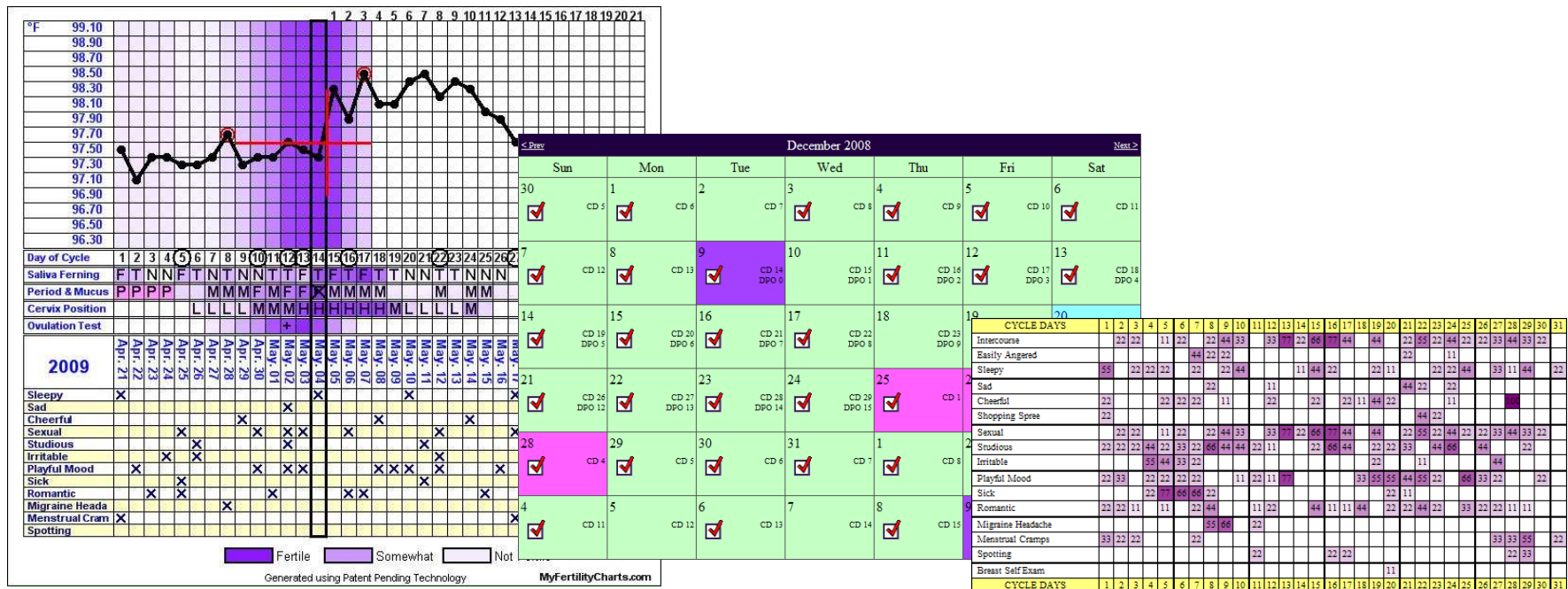
Messages

- **Fertility Exchange Boards**
- **Public Message Boards**
- **Private Messages**

Fertility Exchange Boards

- **Question and Answer Format**
- **Only MyFertilityCharts Members have Access**

Post a New Question

Subject: [   ]

Type of Question: [▾]   Expires after [1 day ▾]

Chart Link: (optional)
[▾] Find More Charts or Enable Sharing

Message:
[   ]

[Post Question]

Return to List of Questions

- **Public Hormonal Forecaster Boards**
- **Open to Anyone (even without a MyFertilityCharts account)**

Message Board Forums:

- ### Discussion Board
  The discussion board is the multi purpose board for interacting with other users. You may ask questions, share experiences, discuss fertility, and anything else you wish. This forum should enable users the ability to interact with other users on a variety of issues related to the Hormonal Forecaster.

- ### Support Board
  This board targets questions that users may have regarding the Hormonal Forecaster. In addition to questions, users may also wish to post their tips or recommendations on this board so that other users can access them.

- ### Review Board
  The review board is intended to act as a forum for people to comment on the Hormonal Forecaster itself. Share success stories here, post suggestions, and tell others what you think of this program.

Message Board User Services:

- ### New User Sign Up
  This message board can be used by anyone freely. All you need to do to sign up is to select a user name and password. Click here to sign up now!

Private Messages

- **Private messages directed to a specific user**

STEP 1: Specify User

STEP 2: Compose Message

Send Private Message

Search for Recipient's Username:

Enter part or all of the user's username:

[   ] *OR*

Enter part or all of the user's last name: [   ]

[Search for User]

Subject:
[   ]

Message:
[   ]

Return to My Messages

Miscellaneous Administration

Miscellaneous Administration

- **My Account History**
- **Synchronization**
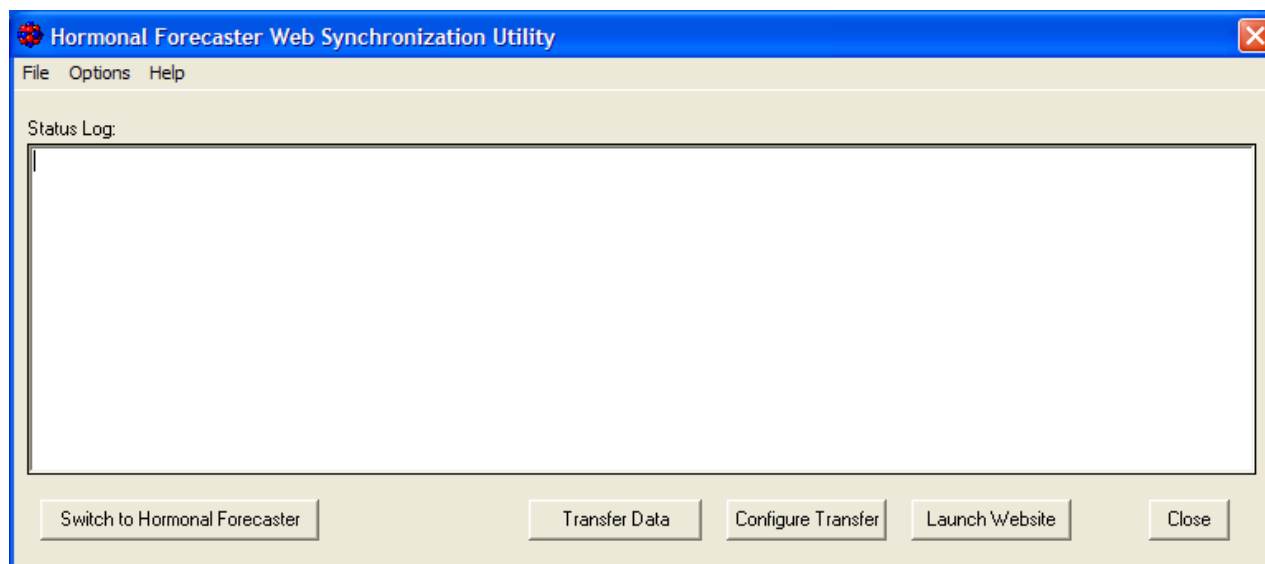- **Account Settings**
- **Manage Subscriptions**

Account History Information

- **Subscription Status**
- **List of Referred Users**
  - **Referral Link to Recruit Users**
- **Reward History**

1) **Download the Hormonal Forecaster desktop software**

   • **http://www.HormonalForecaster.com**

2) **Run the Web Edition Synchronization Utility**

3) **Configure the Transfer and Transfer Your Data**

Account Settings

Modify Personal Profile

User Name: **EXAMPLE**

First Name: System

Last Name: Example

Email Address: support@myfertilitychar

Mailing Address:

Phone Number:

Menstruation Period Length: 4 days

Average Cycle Length: 29 days

Average Luteal Phase Length: 13 days

☑ Automatically Recalculate Lengths

Temperature Units: ○ Celsius ● Fahrenheit

Interpretation: ○ Most Strict ● Standard ○ Most Liberal

Goal: ● Trying to Conceive ○ Trying to Avoid

Conditions: ☐ Endometriosis

☐ Hypothyroidism

☐ Hyperthyroidism

User Information

Cycle Defaults

Analysis Settings

etc.

Manage Your Subscription

- **Subscription Status**
- **Ways to Extend Your Subscription**
  - **Traditional Licensing**
  - **Trial Pay Licensing**
  - **Free Rewards**
- **Related Software Downloads**

Thanks for Joining!

Your Feedback is Always Welcome

support@myfertilitycharts.com