Sympto-Ferning Chart for Two Cycles

Know yourself - Know your cycle

The value of using this chart is to enable you to get to know your own cycle. You may wish to consider this as part of a continual process of learning about your body and personal empowerment. This charting method will permit you to become aware of your ovulation on a daily basis so that you can plan your conception or contraception naturally.

Calista saliva ovulation method

The saliva pattern you see through the microscope is unique to each individual, so you need to learn to recognise your own patterns. Your body's menstrual cycle is also unique to each woman and can vary in length. Charting enables you to recognise your pattern in order to plan around your fertile phase. It is important to note that sperm can live inside the uterus for at least 6 days after intercourse. Therefore, charting with Calista will allow you to identify your fertile period and use this optimum moment to plan for conception or to avoid it.

Other factors

Premenstrual and menstrual symptoms commonly begin after ovulation until the shedding of the endometrial tissue, i.e. the beginning of your period. It is worth noting that during this time your body may go through various reactions such as digestive changes, tender breasts, fluid retention, pain in the abdomen, headaches, nausea, change in energy levels or increased sexual desire. You may find it useful to note these signs, as they will help you become aware of the characteristics of your cycle.

Charting Hints:

- bleeding will start on day 1. This is the first day of the cycle and the beginning of the Sympto-Ferning Chart. You should mark a dot opposite the corresponding symbol.
- if you see a dotted pattern through your Calista lens, mark a dot against the dotted symbol on the chart.
- if you see a ferning pattern on day one, record this against the fernlike symbol.
- record your Calista readings on a daily basis as indicated.
- use a black pen or marker. Mark your chart with a dot in the centre of the box.
- you will then be able to join the dots and see the curve of the graph.
- begin a new chart with the start of a new cycle and continue recording this for the next two or three months to help you develop clarity and confidence about your personal cycle. You can then compare each cycle and help to predict the next phase of your fertility.

Contact Tanya Leung, Health Care Practitioner for further advice on natural Fertility Management and details of clinics:

Symptomatic and premenstrual symptoms commonly occur in the middle of your cycle. If these symptoms are severe or uncomfortable, you should contact your medical practitioner. If you're planning to conceive in the future, you should avoid using hormonal contraception before you conceive. If you're already pregnant and you're using hormonal contraception, you should stop it at 8 weeks of pregnancy. If you're not sure whether you're pregnant, you should take a pregnancy test. If you're not sure whether you're pregnant, you should take a pregnancy test. If you're not sure whether you're pregnant, you should take a pregnancy test. If you're not sure whether you're pregnant, you should take a pregnancy test.