Fertility Tracker

a couple's monthly fertile-window overview

Use this page together. Her signs come from the women's mucus and cycle chart; his test dates and habits come from the men's log. Sperm can live in the body for up to about **5 days**, and the egg for about a day, so the days you are most likely to conceive are the **5 days before ovulation and the day of ovulation**. Many couples simply plan to be together every one to two days through that window. (ACOG / OWH)

Month / year: _____ Her day 1 date: _____

Usual cycle length: _____ Predicted ovulation (about 14 days before the next period): _____

Predicted fertile window (5 days before + ovulation day): _____ His last home or lab test date: _____

Cycle day	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
Date																																			
Period (H M L S)																																			
Her mucus (D St C W E)																																			
LH test (− / +)																																			
BBT rise? (tick)																																			
Together (tick)																																			
Fertile window (shade)																																			
Notes																																			

How to fill the window row. Lightly shade the days you **expect** to be fertile (based on her usual cycle length), then mark the days you **observed** — egg-white mucus, a positive LH test, and later a temperature rise. The temperature rise comes after ovulation, so it confirms the window rather than predicting it. If cycles are regularly shorter than 21 or longer than 35 days, if there is no clear temperature rise over several months, or if a home sperm test is abnormal, ask your doctors sooner than the usual timelines (often after 12 months of trying if she is under 35, or after 6 months if she is 35 or older; sooner if there is a known concern). (ACOG / CDC / Cleveland Clinic)

Egg-white days this cycle: _____ LH+ on day: _____

Temp rise on day: _____ Days we were together in the window: _____

His habits / test notes: _____ What we will ask the doctor: _____

Our notes this month

_____

_____

_____

Sources

General information; cycles and results differ. These pages do not diagnose or treat. Talk with your own doctors.

1. Fertility Awareness-Based Methods of Family Planning (FAQ). ACOG.
2. Evaluating Infertility (FAQ). ACOG.
3. Cervical Mucus: Chart, Stages, Tracking & Fertility. Cleveland Clinic.
4. Trying to Conceive. Office on Women's Health, HHS.
5. Infertility: Frequently Asked Questions. CDC.

VISIT

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