

CERVICAL MUCUS: FERTILITY GOLD

The #1 biomarker I ask my clients to focus on for their first cycle charting is Cervical Mucus (Fluid) because it is the #1 component of optimal fertility. Sperm needs stretchy cervical mucus to make its way up to meet the egg. The quality and quantity of your cervical mucus can greatly affect your chance of getting pregnant or not.

In addition, tracking your cervical mucus is the foundation to establishing the opening and closing of your fertile window. *(Spoiler alert, you are probably NOT ovulating on day 14)*

This paper chart and cervical mucus cheat sheet will help you identify what type of cervical mucus you are observing and help you determine your chance of getting pregnant on any given day. I suggest you print it and keep it in the bathroom you use the most or on your nightstand to record your observation daily.



3 TIPS TO GET STARTED CHARTING CERVICAL MUCUS

1. Observe the cervical mucus present each time you go to the bathroom.
2. Get into the habit of wiping (front to back) before urinating to observe the sensation, quality, and quantity of the mucus.
3. If you can't find any mucus, be patient, stay well hydrated, and remember that gravity & motion of the day bring mucus forward.

Observing and identifying your cervical mucus is a skill that will improve with practice, so don't feel overwhelmed if it's difficult at first. Everyone's body is different. The goal here is to establish your own sacred hormonal pattern.

Nessa Ball

Sacred Fertility and Conscious Conception

notes symbol color date

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				

Color	Observation	Quality	Hormonal Activities	Fertility
RED	Menstruation	Any type of bleeding including spotting	TBD	No barrier to sperm
BLUE	Moist (EL Mucus)	Change to Moist	Rising Estrogen	Sperm lives minutes to hours
NAVY	Slippery (ES Mucus)	Stretchy, clear, slippery, lubricative	high estrogen approaching ovulation	sperm live up to 5 days Egg lives up to 24 hours
GREY	Change to Dry	Sudden change to dry	rising progesterone after ovulation	1-2-3 day count for possible fertility
GREY	Dry until end of the cycle	Dry	high progesterone	Infertile after P+3 Sperm lives minutes to hours
YELLOW	Unclear, confusing	pasty, sticky, unchanging	TBD	Possible fertility since unclear