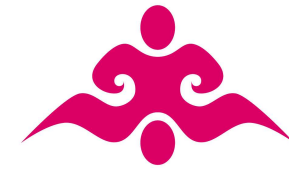


FERTILITY CHARTING DURING BREAST FEEDING (BF)

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DAY	DATE	FREQUENCY OF BF	DESCRIPTION OF SECRETIONS BY CHARACTERISTIC															CHANGES/MISC										
			SYMBOL			SCENT			COLOR			TEXTURE/CONSISTENCY			SENSATION				STAIN									
			mark one box			mark one box			mark one box			mark one box			mark one box				mark one box									
			*	D	S	S	E	sweet, neutral	salty, sour	none	clear, shiny, opaque	white, opaque	yellow, white, opaque	no color	staining, bleeding	fluid, egg-white, stretchy, watery	milky, creamy, smooth	sticky, thick, crumbly, pasty	nothing to see	very wet	wet	damp	dry	no stain	dry stain	wet stain	Illness Medication Stress Fatigue Work	
Sun		2-3 HRS										X						X										
Mon	8-Aug	2-3 HRS		X					X			X						X										
Tue	9-Aug	2-3 HRS		X					X			X						X				X		X				
Wed	10-Aug	2-3 HRS		X					X			X						X				X		X				
Thu	11-Aug	2-3 HRS		X					X			X						X				X		X				
Fri	12-Aug	2-3 HRS		X					X			X						X				X		X				
Sat	13/8	2-3 HRS		X					X			X											X					no sleep
Sun	14/8	2-3 HRS		X														X				X		X				
Mon	15/8	2-3 HRS		X					X			X						X				X		X				
Tue	16/8	"		X								X						X				X		X				baby w/-cold
Wed		"		X					X			X						X				X		X				" "
Thu	18/8	"		X					X			X						X				X		X				" "
Fri	19/8	"		X					X			X						X				X		X				
Sat	20/8	"		X								X						X				X		X				mom visit
Sun	21/8				X				X		X										X			X				
Mon	22/8				X				X		X					X					X			X				
Tue	23/8				X		X		X		X					X					X			X				
Wed	24/8				X		X		X		X					X					X			X				
Thu	24/8				X		X		X		X					X					X			X				fatigue
Fri	25/8				X		X		X		X					X					X			X				no appetite
Sat	26/8				X		X		X		X					X					X			X				