



# Your Starter Guide

# To Fertility Awareness

Tempdrop®





## Disclaimer:

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This guide serves as an introduction to fertility awareness based methods (FABMs); on its own it should not be considered sufficient for using FABMs as birth control. It's important to source more detailed self-learning resources/courses or consult with a qualified instructor before relying on FABM for birth control. This information should also not be relied on as a substitute for professional health provider advice when looking to make wellness and lifestyle changes based on your cycle knowledge.

The Tempdrop app and its wearable sensor, in themselves, are not, nor are they intended to be, a substitute for contraception, or a birth control method. The app has a simple manual charting mode for women wishing to use Tempdrop as a temping tool for use with their chosen fertility awareness method.

For women who are trying to conceive or trying to understand their body better for the purpose of future conception, data interpretation and personal fertility insights are available through the Tempdrop app.



# Introduction

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If you've found your way here, "Fertility Awareness" likely isn't a brand new phrase to you. But in case it is, Fertility Awareness is a practice of listening to your body's messages and using them to recognize when your body is fertile and when it's not (*surprise - you aren't always fertile!*).

It's about more than just identifying when you start your period; it's about recognizing what your body is telling you throughout your cycle and using that knowledge to make informed decisions.

**This knowledge serves a variety of purposes, and provides you with valuable information about:**

1. when to expect your period.
2. when you can become pregnant (for purposes of achieving or **planning your family**).
3. how changes in your diet, exercise, medication, etc. are affecting your hormone health and overall well-being.

Understanding your cycle is core to body literacy - when

you have the relevant data about your menstrual cycle and your fertility, you become the expert of your own body!

## This means:

- you are in a better position to consult with other professionals, especially when trying to troubleshoot your health,
- you feel able to advocate for the decisions about your health & fertility you have more data and control,
- you have more data and control.

## Mythbuster

Tracking your period isn't the same as tracking your cycle. Tracking your period doesn't tell you when or even confirm if you've ovulated.



# Fertility Charting:

Fertility charting, fertility awareness, cycle charting, ovulation tracking, natural family planning. These are all terms used when talking about charting the phases of your cycle.

Fertility charting is about observing and recording your body's fertility signs - such as your Basal Body Temperature (BBT or sleeping temperature) and cervical mucus - in order to understand where you are in your cycle. It can be learned through a private instructor, in a class or by self-teaching (usually with a book, manual, or an online course).

**(Note: For some, self-teaching can be more difficult and less effective)**

While some institutions claim Fertility Awareness Methods (FAMs) are inaccurate and shouldn't be relied upon, many methods are incredibly accurate! With perfect use they can be more than 99% effective for avoiding pregnancy. Conversely, if you are trying to get pregnant, they can greatly increase your chances of conception.



## Mythbuster

**FAM is not the same as “the Rhythm Method”!**

The original Rhythm Method was developed in the 1930s, and the Calendar Methods of today are still derivatives of it. The science of Fertility Awareness has developed a lot since the 1930s, and we have options like symptothermal, sympto-hormonal, and cervical mucus only methods. Some of these modern methods boast efficacy up to 99.6%





# Why Choose Fertility Awareness?

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There are plenty of reasons to choose fertility awareness. Some people choose to chart just to help them conceive, while for others it's a life skill that will benefit them right through their reproductive lives. Here are just some reasons to choose FAM:

- It can carry you through both avoiding pregnancy and trying to conceive.
- No synthetic hormones! It's all natural.
- If you're trying to conceive, you can optimize intercourse for conception.
- It works to help navigate irregular cycles.
- Many health issues can be identified through fertility awareness.
- You learn to hear what your body is telling you and live in sync with it.

The menstrual cycle serves as a window to your internal health and cycle tracking helps you tap into it.

So now we have a better overview of what FAM is, let's dig into the cycle and two primary fertility signs you can track to become better acquainted with it.





# What is a Cycle?

Some women reference their period as their “cycle,” but your period actually just marks the beginning of a new cycle! The menstrual cycle is made up of four main parts:<sup>2</sup>

- menstruation,
- follicular phase,
- ovulation, and
- luteal phase.

Each phase is marked by different dominant hormones, leading to different physical symptoms or signs. That’s what allows us to chart our cycles accurately!

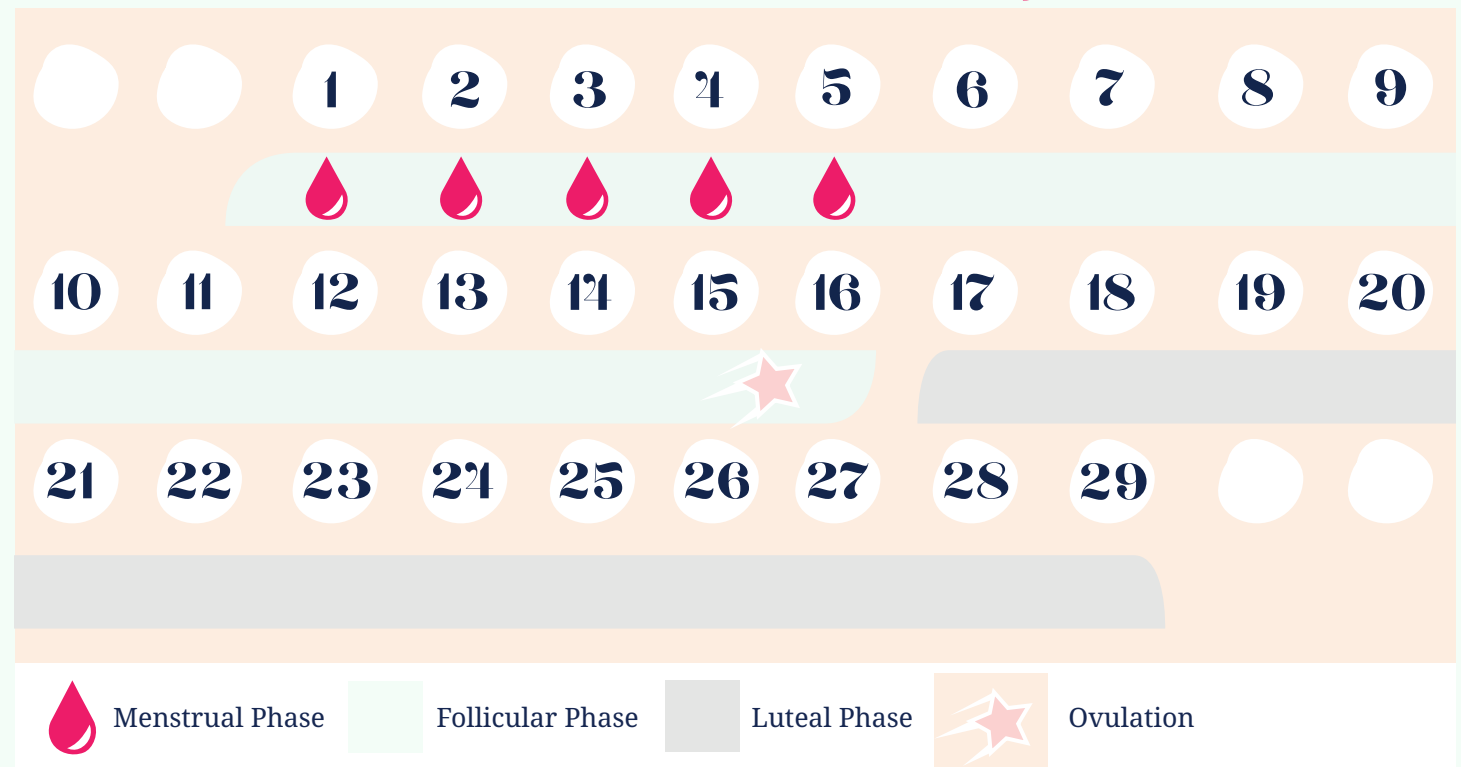
**Note: Your follicular phase may vary each cycle, the image is a representation only.**

## Mythbuster

Ovulation happens on the 14th day of your cycle.

No, not true! Not every woman ovulates on day 14 of their cycle. Some women may ovulate as early as day 6 or as late as day 21 (or possibly even later with irregular cycles).

## Phases of the Menstrual Cycle





# Primary sign number one:

## Basal Body Temperature

### What is it?

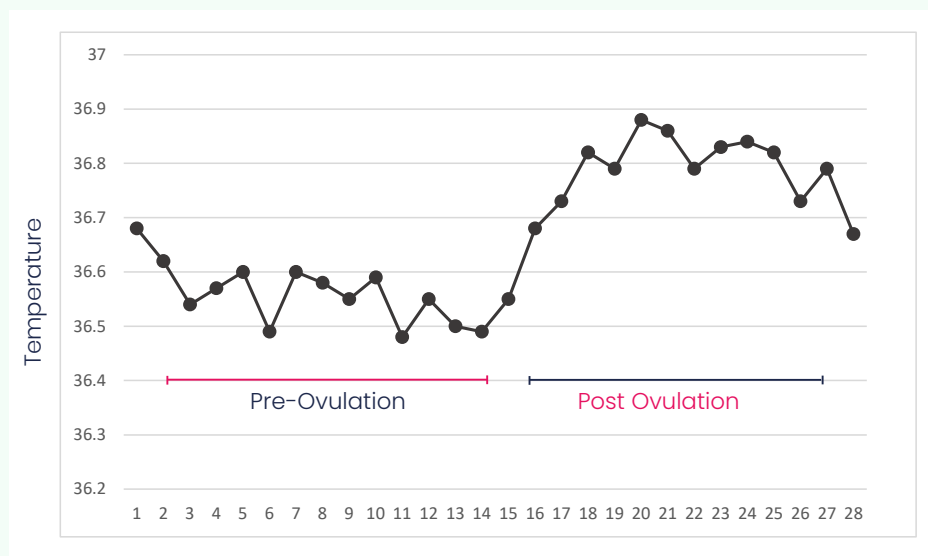
Basal Body Temperature (BBT) is the temperature of your body at rest, or during sleep. You can track this symptom daily to understand when you have ovulated and to monitor your hormone health. A basal (base) or resting temperature is needed as the change caused by the menstrual cycle is subtle and temperatures when awake can fluctuate greatly.

### Why is it important?

Body temperature is influenced by the cyclic ebb and flow of hormones in women. While men have a relatively static BBT, women see a noticeable difference in the pattern of their temps before and after ovulation.

Prior to ovulation, temperatures generally run in a lower range; once ovulation has occurred, they will jump to a higher range. This rise in temperatures remains sustained from the time of ovulation to the

end of the cycle, when it will drop down again as you get your next period. In the case of successful pregnancy, temperatures will remain elevated beyond the next expected period. BBT doesn't predict ovulation, but it is excellent at helping to confirm ovulation has happened and giving you insights into hormone levels.





# How To Track it?

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Well, you could use a regular BBT thermometer (not to be confused with a fever thermometer) to catch a resting temperature as you start to wake early each morning. This traditional way of temping means you need to get up at the same time every day (usually between 5 and 7 am), follow strict rules about what you can/can't do before taking your temperature, and deal with disturbances. Or you could buy a Tempdrop!

Tempdrop is a wearable device that tracks your sleeping temperature. It is worn while sleeping at the underarm for a minimum of 3 hours (but for a full night if possible). During this time, it will collect thousands of data points about your movement and temperature. When you wake up, you will sync it to our app via Bluetooth. At this point our proprietary algorithm then filters out any "noise" (restlessness, waking up, comforting your baby, suddenly moving your arm from under the blankets to over the blankets, etc.) and leaves you with an accurate basal body temperature! No waking up in the early hours of the morning or worrying about everything that can affect your temperature!



## Did you know?

Recording a continuous axillary temperature for more than 12 minutes has been shown to be an accurate way to capture core body temperature.<sup>2</sup>

So that's step one: grab a thermometer and start tracking your sleeping temperature.





# Primary sign number two: Cervical Mucus

## What is it?

Cervical mucus (sometimes known as cervical fluid, shortened to CM or CF) is a bodily fluid produced by the cervix. It serves the purpose of neutralizing the otherwise-hostile environment of the vagina and nourishing sperm.

## Mythbuster

### Vaginal discharge is always concerning.

Nope! Often, vaginal discharge is cervical mucus, which can indicate your fertility status if you know how to interpret it.

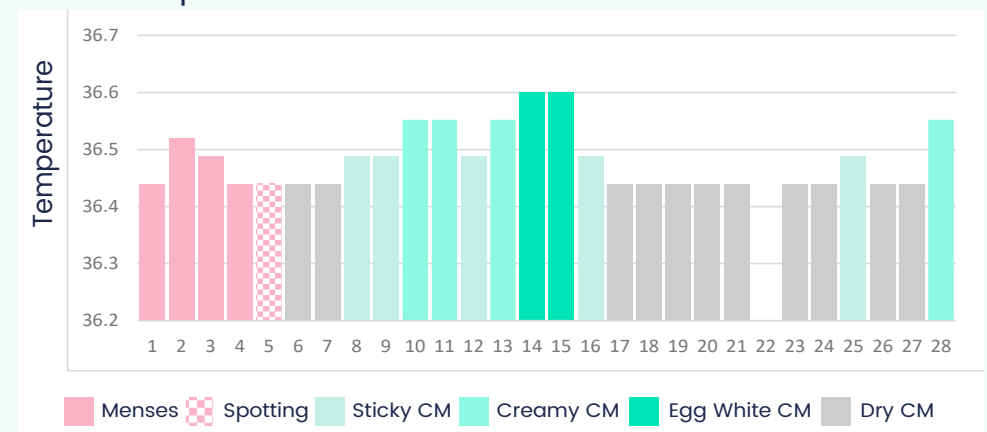
You don't necessarily need to know the specifics of how or where it's created. The important things for you to know are:

- It is produced by glands in the cervical canal, and exits the body through the vagina.
- The role of CM is to keep sperm alive and assist its travel to meet the egg.
- Quality rather than quantity matters.

If you would like to learn more about this topic, we have a lesson dedicated to this in our online course, available to all Tempdrop users.

## Why is it important?

Over the course of the cycle, CM changes in both quality and quantity and it indicates when ovulation is approaching. As noted above, cervical mucus allows sperm to survive the normally harsh environment of the vagina and is key in helping its journey to meet the egg. Cervical mucus can keep sperm alive for up to five days! At the start of the cycle, after menstruation, generally little or no cervical fluid will be produced. As ovulation nears, you can notice a change as it becomes more fertile in quality. After ovulation, production stops again and mucus becomes thick to form a barrier plug in the cervix. Carefully observing your CM throughout the day, during your cycle, will help you identify when your fertile window opens and closes.



[Note: Some women who have shorter cycles may have fertile CM right after their period - be sure to learn this sign well to detect early ovulation]



# How To Track it?

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There are no special devices or tools needed to track this symptom. It's all about you and your body.

One of the more popular practices is to observe CM by wiping, from front to back across the vulva, with toilet paper each time you go to the bathroom throughout the day. At the end of the day, note the most fertile type you observed that day on your chart. You can record the appearance of your cervical mucus in the Tempdrop **app**, and you also have the option to record **sensation**. Many women find this useful when starting to track CM.

Some women prefer to check internally to get a better picture of what's happening at the cervix (they can also check cervix position and height as an additional symptom at the same time). The way you choose to make your observations will depend on the method you choose to follow. **Note: Observing only what is visible on underwear is not a reliable way to track this fertility sign.**

CM quality and types are incredibly nuanced, and different methods use different descriptors and categories. It's important to learn to recognize how your chosen method categorizes and interprets each type of CM, so we won't go into it in this guide. The absence of CM in observation doesn't necessarily mean there

is no CM, which is why learning to properly check and identify your cervical mucus is key.

Now we have our two primary signs, let's dig into each phase of the cycle and the hormones involved to better understand the changes you will be looking for in your patterns.





# Menstruation:

As mentioned above, **menstruation marks the beginning of your cycle**. Menstruation is the shedding of the uterine lining. It's marked by 3-7 days of menstrual bleeding, making it relatively easy to identify. However, in order to be true menstruation, it must follow ovulation - there are other types of bleeding! (More on that in our online course.)

## Did you know?

Not all bleeding is menstrual blood - or a true period. True menstruation follows ovulation, so if you don't ovulate but experience a bleed, it's not an actual menstrual period!

### Hormones:

Reproductive hormones are at their lowest point in your cycle during menstruation. Low hormone levels signal the uterus to shed the uterine lining.

### BBT:

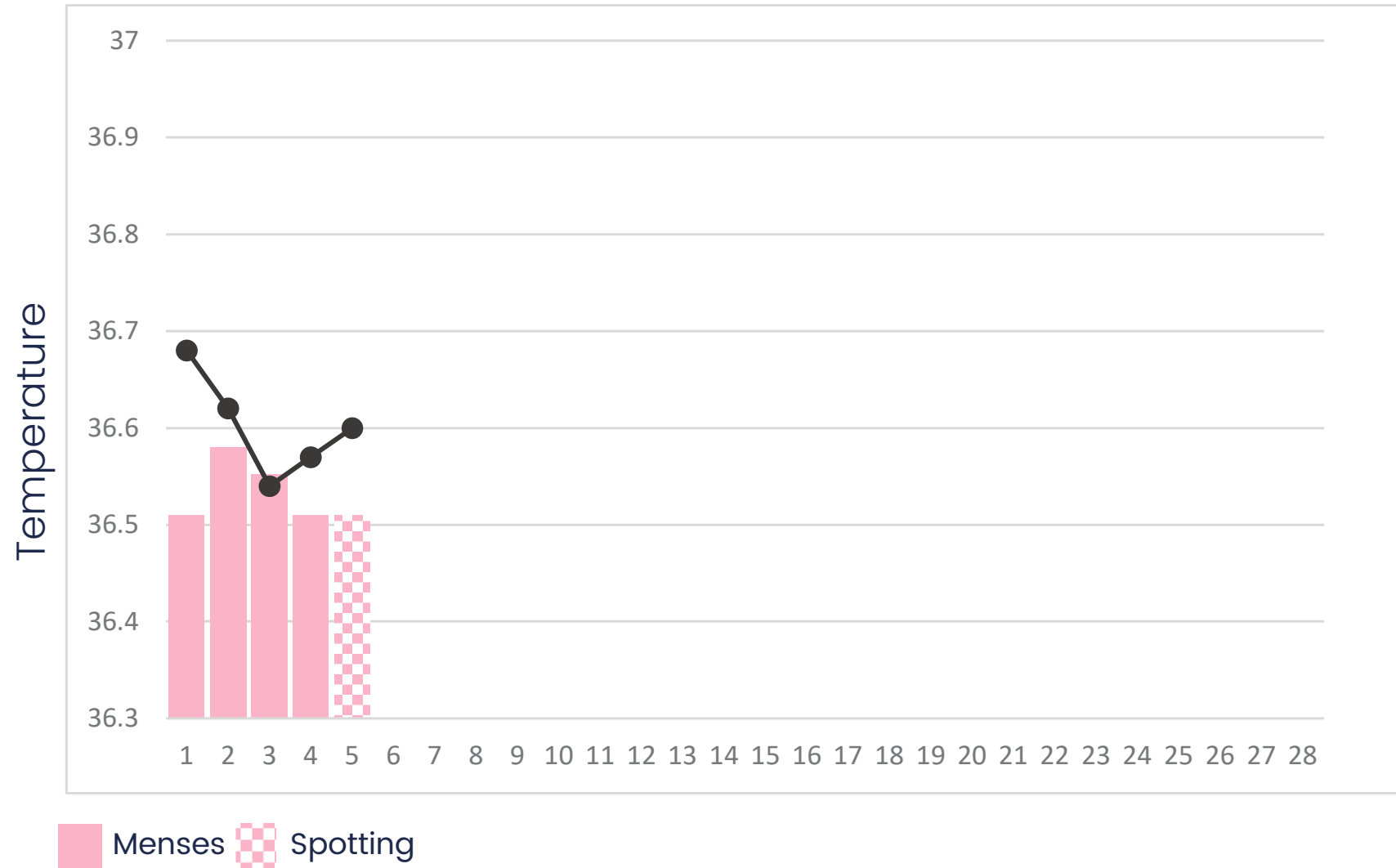
Temperatures will be either in a lowering pattern over the first days of your period or at around the same level from the first day of bleeding. Both patterns are normal.

### CM:

During the first days of your menses cervical mucus is not observable. For some, there may be CM produced during the last couple of light days of bleeding or spotting.



# Menstruation Phase Chart





# Follicular Phase:

## Did you know?

Some methods have specific safe day rules - such as Doering or Dry Days . This allows some unprotected intercourse during the Follicular Phase. Check with your method or instructor.

The follicular phase starts on the **first day of menstruation, but continues on past it**, until ovulation. This is the time when your body is preparing to release an egg. During this time, there is a potential to become pregnant, and if self-teaching you should avoid unprotected intercourse if you're avoiding pregnancy until you track at least 3 cycles (more if you're not comfortable yet) and can apply safe days rules.

It's during the follicular phase that you will start to produce cervical mucus (CM). In a healthy cycle CM should increase in quantity and become more like raw egg whites (commonly known as egg white CM) in consistency as you near ovulation.

## Hormones:

During the follicular phase, follicle-stimulating hormone (FSH) rises and develops the ovarian follicles in which your eggs sit - thus getting the name follicular. The growing follicles, in turn, release estrogen into the body. Estrogen is a key component in the production of cervical mucus and setting the trigger for ovulation.

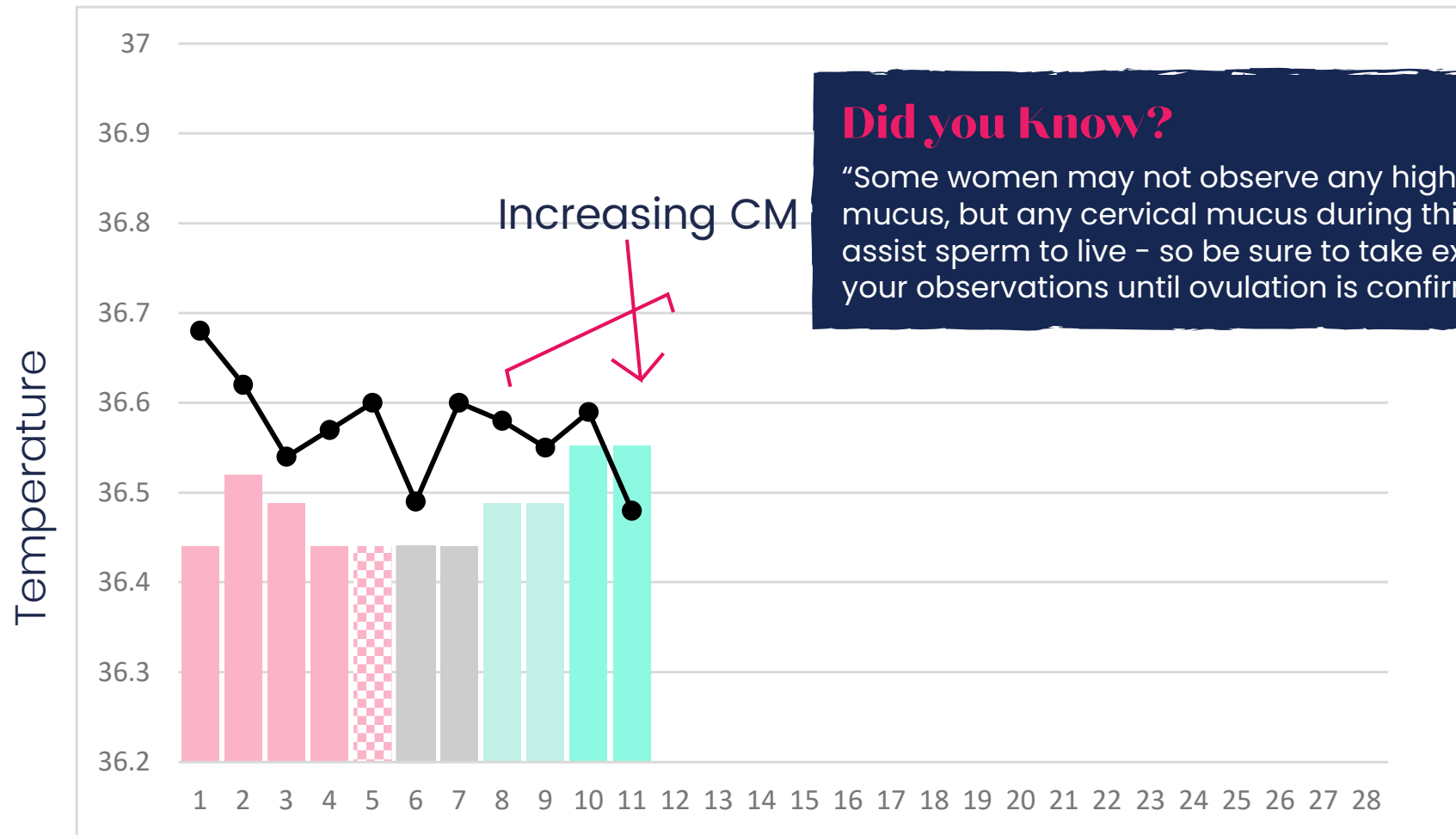
## BBT:

Across this phase, the range temperatures will be relatively the same. Temps may fluctuate slightly from day to day but typically nothing of note is happening and everything will be in a lower range.

## CM:

Over the days after menstruation, a change in CM should become noticeable as estrogen rises. Quality may go from a thick, sticky texture to a more lotion or creamy feel. Further along in the follicular phase it can start to become clear and stretchy and then, as the water content increases, turn the consistency of raw egg whites (known as Egg White or EWCM). This is the most fertile type of CM and indicates that an ovulation attempt is impending.

# Follicular Phase Chart



## Did you know?

"Some women may not observe any highly fertile mucus, but any cervical mucus during this time can assist sperm to live - so be sure to take extra care in your observations until ovulation is confirmed."

Menses Spotting Sticky CM Creamy CM Dry CM





# Ovulation:

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**Ovulation happens at the end of the Follicular Phase,** and it's the main event of the cycle. Why? Well, ovulation is what enables you to get pregnant and determines the success of a cycle! Ovulation marks the time an ovum (egg) is released from the ovary. The ovulation event lasts about 24 hours - the time the egg is released, is viable and receptive to fertilization by sperm.

## Mythbuster

**Menstruation is the main event of the menstrual cycle.**

Ovulation, not menstruation, is the main event! Whether or not you ovulate depends on whether or not you move on to a new cycle. However, menstruation is the most easily identifiable portion of the cycle and thus marks the "beginning."

### Hormones:

Estrogen is suddenly and rapidly rising in the days leading up to ovulation. The rising levels of estrogen signal the brain to reduce FSH and start releasing luteinizing hormone (LH) which, when at optimal levels, triggers ovulation. As LH surges, you may be able to catch it through Ovulation Predictor Kits (OPKs, or LH tests).

### BBT:

Once again, the range temperatures will be relatively the same. Some may observe a steady downward trend in the few days before ovulation but this isn't always the case. At this point of ovulation, BBT is not going to give any significant revelations.

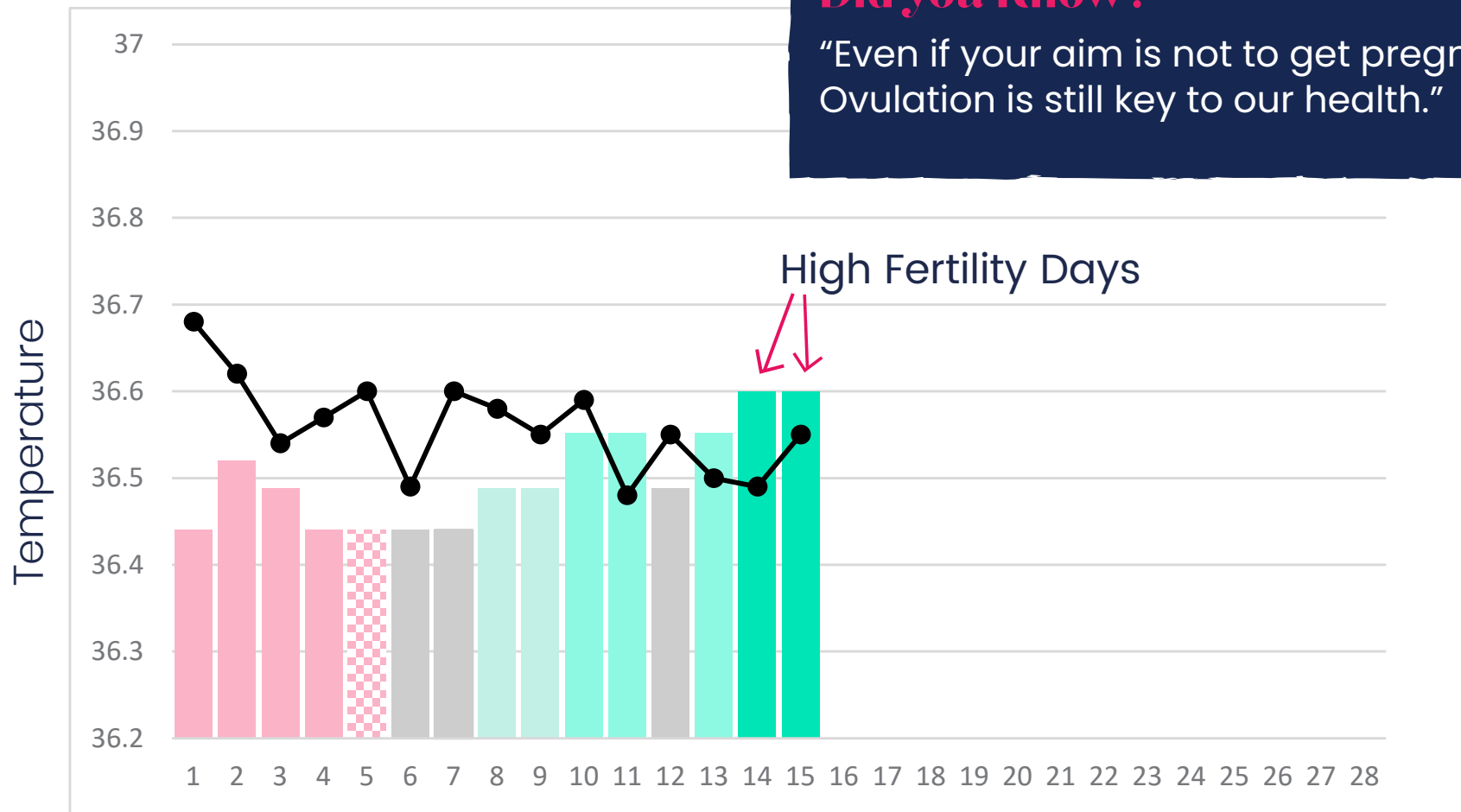
### CM:

During this time you will notice the most CM for you as an individual. Adequate Estrogen levels should result in approximately 2-5 days of EWCM in the lead up to ovulation. Your body is doing all it can to make sure the sperm is there to meet the egg as it's caught by the fallopian tube.

# Ovulation Phase Chart

## Did you Know?

“Even if your aim is not to get pregnant, Ovulation is still key to our health.”



Menses Spotting Sticky CM Creamy CM Egg White CM Dry CM



# Luteal Phase:

The Luteal Phase is the last part of your cycle. It's the time between ovulation and menstruation. A healthy luteal phase lasts from 10 to 16 days. Since ovulation is right before the luteal phase, **you are not fertile during this phase!**

## Did you know?

Ovulation is the only way a woman can naturally receive Progesterone. It's produced by the empty egg follicle that is left behind in the ovary. Progesterone is key in overall health!

## Hormones:

Progesterone is the queen of the luteal phase. It starts to rise right after ovulation, and doesn't drop until just before your period starts. Progesterone is a calming hormone, so generally you won't feel as energetic, and you may notice your emotions are more subdued. During your luteal phase, estrogen is still being produced but at much lower levels.

## BBT:

This is where temps come into their own to help you confirm ovulation. Under the influence of progesterone, your body temperature will jump and then stay in a higher range for the rest of your cycle. You can only identify a temp rise or temp shift (TS) after a minimum of 3 days, where each temperature is higher than the previous six lower temps before the rise starts. To determine if a TS is of adequate value to confirm ovulation, you will need to consult the calculations set by your chosen method.

## CM:

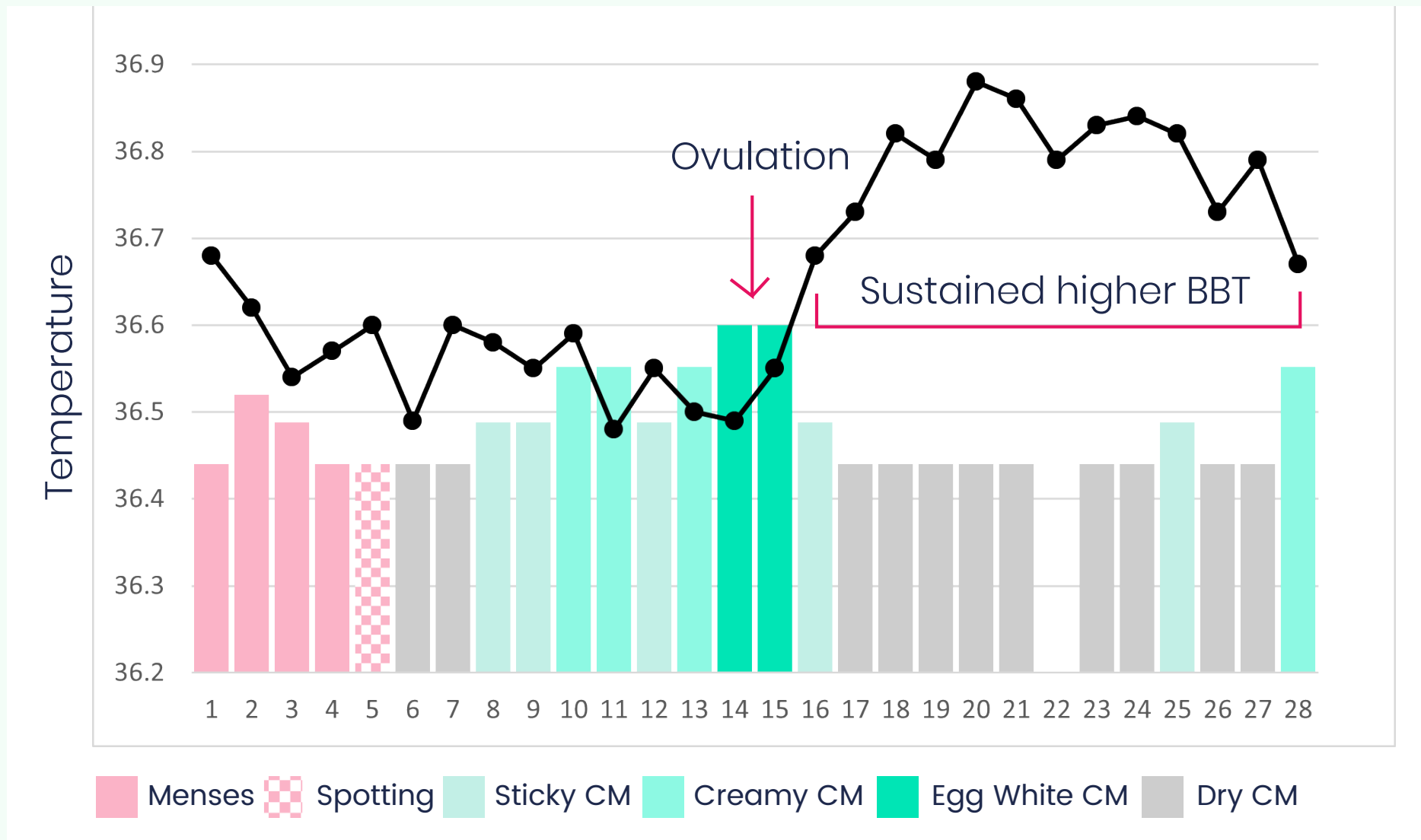
After ovulation CM production stops as progesterone takes over. Noticing a distinct change back to dry (or sometimes sticky/thick) after those few days of very fertile mucus, is the cross check for you to verify ovulation has occurred. The last day of fertile type mucus before an abrupt change to less fertile or dry is known as peak day (This is identified as a P in the Tempdrop app), and it can only be identified in retrospect. Peak day is a good indicator as an estimate of ovulation day as it often coincides, or appears close to ovulation. Adding a count of 3 days after peak day assists in confirming ovulation has happened and closing the fertile window. Check your method for peak day count instructions.



Now we better understand the whole cycle and the symptoms that let you know how to identify the individual phases. BBT (your sleeping temperature) and CM work together in a partnership to give you

a better overall picture. You can also track the secondary symptoms of cervical position and OPKs if you wish to add more data as you become familiar with your body.

## Luteal Phase Chart





# When can you become pregnant?

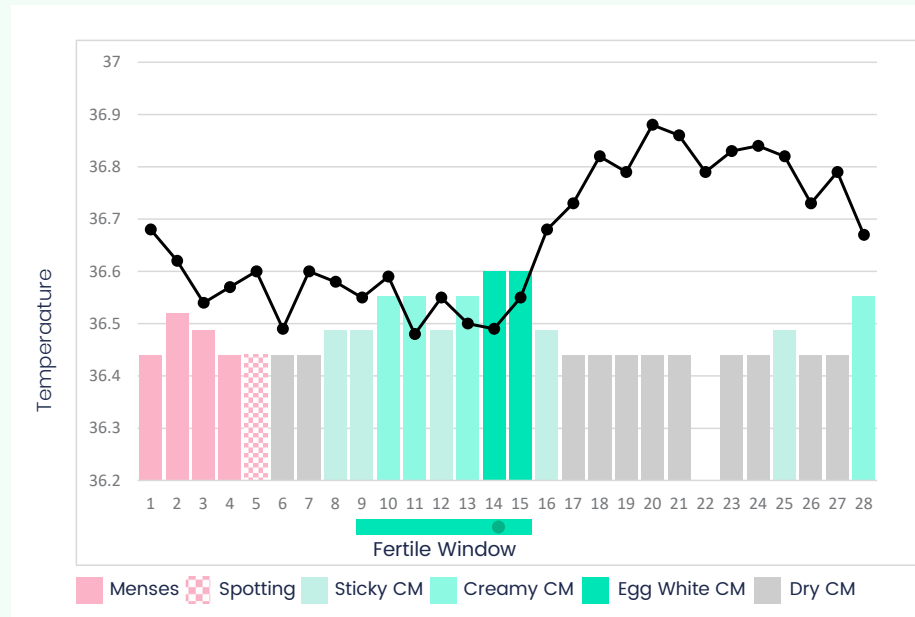
In reality, you're only able to become pregnant if having unprotected intercourse for the 5 days leading up to ovulation and the 24 hours of ovulation. This is because the ovum is only receptive during ovulation, and sperm can remain viable for as long as 5 days after ejaculation with sufficient cervical mucus. This 6-7 day duration is known as the fertile window (FW) and is the only time you can become pregnant each cycle.

## Mythbuster

**You can get pregnant anytime.**

**NOPE!** You're not always fertile! You can only become pregnant for about 6 days of your cycle!

## Fertile window - regular cycle



When it comes to FAM, one of the most important things to remember is our bodies aren't robots, so ovulation doesn't always occur on the same day during the cycle! Never rely on past cycle data alone to guess the fertile window in your current cycle. **Use the symptoms of your body to make informed decisions.** If you have regular cycles then you may well be able to estimate roughly when your next ovulation might occur but always remember it can change in any cycle, any time.

If you are using fertility awareness to prevent pregnancy, ensure to follow the rules of your chosen method to account for these changes. Check with your instructor or method to determine what rules you should follow.

For those trying to achieve pregnancy, carefully tracking your cervical mucus will let you know when ovulation is approaching in order to take advantage of your optimal fertile days.



# Insights into hormone health

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Identifying ovulation and your fertile window each cycle is so beneficial but what other insights can cycle tracking reveal? This is a practice that all women and girls navigating puberty can benefit from. Cycle hormones have an influence on so many other factors in our body.



- Mental wellbeing
- Bone and muscle growth
- Hair, skin, and nails
- Libido
- Heart and liver function
- Breast, cervix, and uterus health
- Sleep
- Immune response

Women with long term lack of ovulation or hormone imbalance can find themselves more prone to cancer, heart disease, depression and anxiety, heavy and painful periods, acne, thyroid, and autoimmune diseases just to name a few.<sup>3</sup> Unlocking this window into your body through cycle charting can reveal much to help you restore the balance.

## What to look for

When tracking your cycles for health insights it's beneficial to take note of:

- **Bleeding patterns.**

Healthy menstruation follows after ovulation (approximately two weeks later) and is 3-7 days in length. In that time at least 1-2 days of medium or heavy flow should be observed (usually in days 1-3).



Extremely light or abnormally heavy flow across your period can be an indicator of a problem. Bleeding that doesn't follow ovulation is known as intermenstrual bleeding and should be monitored. Spotting for multiple days through the Luteal Phase can alert you to a possible progesterone deficiency.

- **Cervical Mucus**

Multiple or long patches of fertile type cervical mucus throughout a cycle is an indicator of hormone imbalance. By the same token, lack of mucus is also worth investigating.

- **Temperatures**

Ideally temps should shift upward strongly and then stay in an elevated pattern for a minimum of ten days to indicate good progesterone levels. Very erratic temps across the cycle chart (big variations day to day) are also worth noting as these unstable patterns can be influenced by thyroid health or other hormone imbalance.

A luteal phase consistently shorter than ten days (counted from the first day of your temp shift) or temps that hover low and close to your cover line will help you understand if progesterone levels are something you should pursue having tested.

- **Headaches, Pain and cramping**

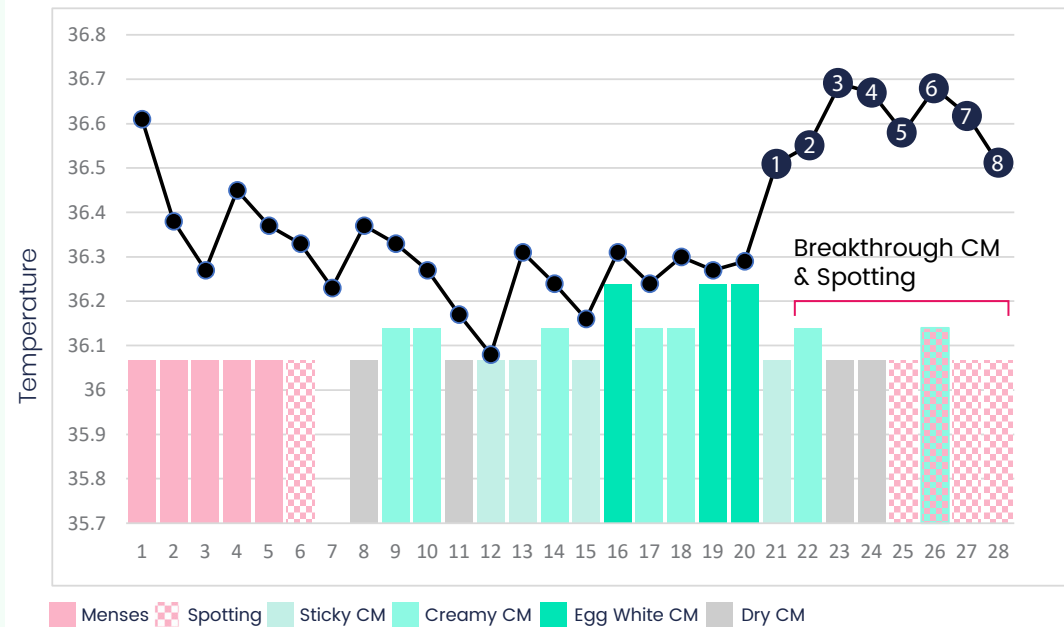
While it's common to hear of extreme period or ovulation pain, **it's not normal**<sup>4</sup>. Women who suffer from migraines may not be aware that they are hormonally influenced. Noting these symptoms on your chart can help build a picture of your cycle health and perhaps the triggers that make them worse or better.

So much can be learned by watching your individual patterns both before and after seeking treatment options. Once you make changes, you can then watch for improvements to let you know what is working. You can also better understand how lifestyle changes such as stress, changes to diet or medications, and exercise regimes are having an effect on your body.

## Mythbuster

### Period pain is normal

NOPE! It's common but it definitely isn't normal. Period pain responds well to natural treatments.





# Putting it all together

Of course, first and foremost we highly recommend grabbing a Tempdrop if you haven't already. This smart sensor is the new revolution of cycle tracking. You will be able to easily record your daily BBT observations even if you have irregular sleeping patterns, and you don't have to think about waking early or losing sleep over it.

## Tempdrop app

The next step is recording your symptoms in a charting app. Tempdrop has its own app that is used to sync your daily BBT from the sensor and a charting feature where you can record CM, and other symptoms, along with your temperature. The app has both premium features on a subscription basis or a free option. You can use it if you are:

- trying to conceive,
- practicing fertility awareness,
- charting for health to know your body better.

There are a variety of modes depending on your current cycle circumstances:

- regular cycles,
- irregular cycles,
- pregnancy,
- manual interpretation.



## Did you know?

You can get 2 months FREE access to Tempdrop's premium app features, with predictions and interpretations to help you get started on your pregnancy fertility awareness journey.

Select Practice fertility awareness in the app if you are following a specific method, this will enable you to interpret your own chart. This mode gives you full control of your chart, enabling you to select your Temp Shift and Peak Days as well as set a Coverline to help you interpret your temperature levels. Our charting app is continually being developed to add more features based on our user feedback.



# Using other charting apps with Tempdrop

What if you prefer to use Tempdrop solely for the ease of temp tracking but already use another charting app? No problem!

You can manually add your Tempdrop sensor BBT results into any favorite charting app but if you prefer to use an app with Tempdrop auto integration\*, here are some options:

## OvuView

OvuView is owned and managed by Tempdrop. It's only available on Android. OvuView is free with ads, with the option to make it ad free for a small monthly fee.

## Read Your Body

Read Your Body is on both iOS and Android. It is highly customisable without any auto-interpretations, but does offer some basic guidance in the app. Read Your Body is supported through the app subscription.

## Chart Neo

Chart Neo is a charting app owned by Neofertility, a fertility clinic based in Dublin, Ireland, and integrates with Tempdrop as well. It's available on both iOS and Android. Chart Neo is also supported through their app subscription.



\*The Tempdrop app is still required to retrieve your results from the sensor- auto integration allows the results to automatically populate in the 3rd party app chart after syncing each day.





# A final word from the Tempdrop Team

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We hope this guide has been useful to assist you on your journey either into or through fertility awareness. Tempdrop is passionate about women's health; and menstrual cycle tracking is one key factor in really knowing your body. So what are you waiting for? Grab a Tempdrop and join the revolution in modern cycle tracking today!

If you have any questions or need more information please visit [www.tempdrop.com](http://www.tempdrop.com) or email: [contact@temp-drop.com](mailto:contact@temp-drop.com) and our helpful customer service team will be happy to provide support.







# What our customers say

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“I recommend Tempdrop to everyone I know! I say to people: “Not only is it a fantastic product that takes away so much stress- but it is also a company that truly cares about their customer service and customer experience! Definitely an admirable quality these days!”

“

“Another tempdrop pregnancy! I got pregnant on my second cycle using tempdrop. I was unsure about my ovulation date for the cycle I conceived. But, based on my dating ultrasound last week, Tempdrop got my ovulation date exactly right.”

“

“I just wanted to let you know I’ve had mine for two or three years and I love it. I almost gave up on the fertility awareness method because of temping irregularities, due to hormonal issues, but Tempdrop saved it... This is an amazing device and I am so thankful for it!”

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“I just want to say how much I appreciate what you guys are doing and what your company is all about! I love that you guys are playing a part in educating women about their natural cycles, as well as their personal health!”

# GLOSSARY OF FAM TERMS

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Entering the world of FAM will find you reading and hearing lots of unfamiliar terms. Here is a list you can keep for reference.

**Aunt Flow, AF** - menstrual period

**Basal Body Temperature, BBT** - temperature of the body at rest

**Boston Cross Check, BCC** - a method of fertility awareness

**Baby Dust, BD** - wishing luck in conception

**Baby Dance, BD** - timed intercourse to conceive

**Breastfeed, BF**

**Big Fat Negative [Pregnancy Test], BFN**

**Big Fast Positive [Pregnancy Test], BFP**

**Billings Ovulation Method (of America), BOM(A)** - a cervical mucus only method

**Couples to Couples League, CCL** - Catholic NFP organization

**Cycle Day, CD** - CD1 being the first day of menstruation

**Cervical Fluid, CF** - see also Cervical Mucus

**Cervical Mucus, CM** - the mucus produced in cervical crypts and leaving the body through the vagina; one of the most common signs interpreted to determine fertility status

**Cervical Position, CP** - the position, texture, and height of your cervix; can be interpreted as a sign of fertility

**Chart for Health, CFH** - charting with the intention of tracking health and any changes in it

**Coverline, CL** - used in methods with a temperature element; helps identify a temperature shift after ovulation

**Chart to Avoid, CTA** - see also Trying to Avoid

**Chart to Conceive, CTC** - see also Trying to Conceive

**Chart to "Whatever", CTW** - see also Trying to Whatever

**Days Past Ovulation, DPO** - number of days past ovulation, counted from either peak day or first day of temperature shift

**Emergency Contraceptive Pill, EC** - hormonal emergency contraceptive pill

**Eggwhite Cervical Mucus, EWCM** - cervical mucus with the appearance and consistency of egg whites

**Fertility Awareness Based Method, FABM** - umbrella term for all methods under NFP and FAM

**Fertility Awareness Method, FAM** - secular methods to chart your cycle

**Follicular Phase, FP** - the phase of the cycle starting with menstruation and ending as ovulation starts

**Fertile Window, FW** - the portion of the cycle where you are assumed to be fertile

**Hormonal Birth Control, HBC** - any variety of methods including hormonal IUD, patch, pill, ring, and implant

**Luteinizing Hormone, LH** - hormone that triggers ovulation and the development of the corpus luteum

**Luteal Phase, LP** – the phase of the menstrual cycle following ovulation

**Natural Family Planning, NFP** – methods of fertility charting tied to religious teachings and beliefs

**Not Trying, Not Preventing, NTNP** – see also Trying to “Whatever”

**Ovulation Predictor Kit, OPK** – urine test strips that measure luteinizing hormone

**Ovulation, OV** – the main event of the menstrual cycle, or release of an ovum

**Peak +3 Count, P3** – the count of non-peak/dry days following peak fluid to confirm ovulation

**Polycystic Ovary Syndrome, PCOS** – one of the most common women’s health issues directly affecting cycles, often characterized by long and/or irregular cycles

**Peak Day, P/PK/PKD** – the last day of peak type fluid before confirming ovulation; can only be identified retrospectively

**Postpartum, PP** – the period of time after giving birth; most women have no cycle for a time or irregular cycles during postpartum

**Symptothermal Method, STM** – fertility charting methods using temperature and at least one other sign (usually Cervical Mucus, but also possibly Cervical Position)

**Taking Charge of Your Fertility, TCOYF** – book by Toni Weschler; holds a lot of valuable information about cycles and fertility; also denotes a method in the book that some charters use

**Temperature Shift, TS** – a shift in temperature from lower Follicular Phase temperatures to higher Luteal Phase temperatures

**Trying to Avoid, TTA** – actively trying to avoid pregnancy, by avoiding unprotected intercourse in the Fertile Window

**Trying to Conceive, TTC** – actively trying to conceive, usually by timing intercourse for conception but also possibly through IUI, IVF, etc.

**Trying to “Whatever”, TTW** – not actively trying to conceive or prevent pregnancy; usually characterized by being looser about rules to prevent pregnancy or taking a known risk

**Two Week Wait, TWW** – the wait between ovulation and a positive pregnancy test or arrival of menstruation; usually used for those Trying to Conceive

Unprotected [Intercourse], UP

**Withdrawal, WD** – also known as “Pull Out”

#### Sources

1 <https://academic.oup.com/humrep/article/22/5/1310/2914315>

2 <https://www.sciencedirect.com/science/article/abs/pii/S0020748910003731?via%3Dihub>

3 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5730019/>

4 <https://www.pcrm.org/good-nutrition/nutrition-information/using-foods-against-menstrual-pain>

The logo for Tempdrop features the word "Tempdrop" in a sans-serif font. The letters "Temp" are in a light grey color, while "drop" is in a darker grey. The letter "o" in "drop" is replaced by a solid red circle. A small trademark symbol (TM) is located to the upper right of the "p". The logo is centered on a white background with abstract shapes: a light grey circle in the top left and a dark blue shape at the bottom.

Tempdrop<sup>TM</sup>