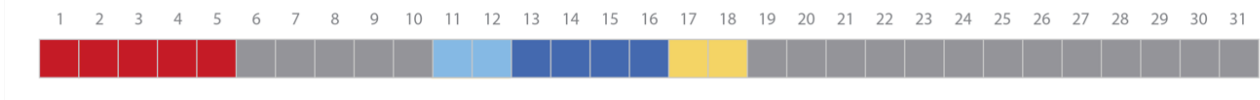***Instructions:*** *On the charts below, label POC and Peak day.*
Draw brackets to indicate the phases: follicular, luteal, pre-ovulatory, ovulatory, post-ovulatory.
Answer the questions below.

Chart 1

| 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 |

1. Is the ovulatory phase of this cycle easy to determine?

2. When would LH testing begin? How would a positive LH test on day 15 be charted?

3. What do these biomarkers reveal about the hormonal activity? Is it normal and healthy?

Chart 2

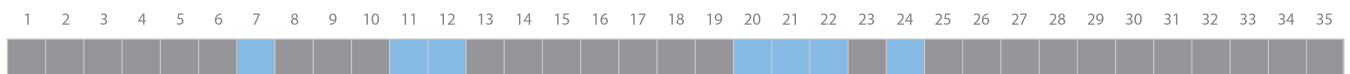| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |

1. How does this cycle differ from the first?

2. What phase is affected? What is the cause?

3. What do these biomarkers reveal about cycle events?

4. What type of cycle is this?

Chart 3

| 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 | 36 | 37 | 38 | 39 |

1. Is there a clear pattern of approaching ovulation?

2. What phase of the cycle is affected? How does understanding the variability of this phase help a woman to better chart her cycle?

3. In the chart's notes section, what information may be helpful in understanding this cycle?

4. What do these biomarkers reveal about the hormonal activity? Is it normal and healthy?

5. What type of cycle is this?

Chart 4

| 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 |

1. What key cycle event is a woman looking for as she is charting?
   Does this cycle seem to achieve that event?

2. Give some possible explanations for this type of chart?

3. What do these biomarkers reveal about the hormonal activity? Is it normal and healthy?