

Marquette Method of Natural Family Planning

10-Day Cycle Zero Breastfeeding Protocol Chart

for Clearblue monochrome monitors



Cycle Day	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
Month ____ Date:																															
Monitor Reading																															
Intercourse																															
Month ____ Date:																															
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Thanks for downloading one of my free Marquette Method charts!

I'm all about making your NFP journey as easy and straightforward as possible.

Have questions? I'm always here to help.
 Head over to my website, www.vitae fertility.com,
 for a **free** Marquette Method consultation.

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Key	
Bleeding:	Readings:
Heavy Flow = 3	Low Fertility = L
Moderate Flow = 2	High Fertility = H
Light Flow = 1	Peak Fertility = P
Intercourse = I	