

# Marquette Method of Natural Family Planning

## 20-Day Cycle Zero Breastfeeding Protocol Chart

for Clearblue monochrome and touchscreen monitors



Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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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.vitafertility.com](http://www.vitafertility.com),  
 for a **free** Marquette Method consultation.

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