

Marquette Method of Natural Family Planning

Regular Cycles Protocol Chart

Copyright 2018, Vitae Fertility Publications

Cycle #	Earliest peak reading in last 6 cycles:		Latest peak reading in last 6 cycles:		Pregnancy Intention: <input type="checkbox"/> Avoid <input type="checkbox"/> Achieve																																			
Cycle Day	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	40
Month	Date:																																							
Monitor Reading																																								
Intercourse																																								

Cycle #	Earliest peak reading in last 6 cycles:		Latest peak reading in last 6 cycles:		Pregnancy Intention: <input type="checkbox"/> Avoid <input type="checkbox"/> Achieve																																			
Cycle Day	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	40
Month	Date:																																							
Monitor Reading																																								
Intercourse																																								

Cycle #	Earliest peak reading in last 6 cycles:		Latest peak reading in last 6 cycles:		Pregnancy Intention: <input type="checkbox"/> Avoid <input type="checkbox"/> Achieve																																			
Cycle Day	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	40
Month	Date:																																							
Monitor Reading																																								
Intercourse																																								

Cycle #	Earliest peak reading in last 6 cycles:		Latest peak reading in last 6 cycles:		Pregnancy Intention: <input type="checkbox"/> Avoid <input type="checkbox"/> Achieve																																			
Cycle Day	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	40
Month	Date:																																							
Monitor Reading																																								
Intercourse																																								

Cycle #	Earliest peak reading in last 6 cycles:		Latest peak reading in last 6 cycles:		Pregnancy Intention: <input type="checkbox"/> Avoid <input type="checkbox"/> Achieve																																			
Cycle Day	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	40
Month	Date:																																							
Monitor Reading																																								
Intercourse																																								

Key	
Bleeding: Heavy Flow = 3 Moderate Flow = 2 Light Flow = 1	Fertile Window: →
Monitor Reading: Low Fertility = L High Fertility = H Peak Fertility = P	Intercourse: I

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.

Louise Boychuk

Marquette Method Instructor
vitae fertility@gmail.com
www.vitae fertility.com