

# VAGINAL DISCHARGE RECORDING SYSTEM

Chart the most fertile sign of the day and how many times you saw it:

**x 1** = seen only once that day    **x 2** = seen twice that day    **x 3** = seen three times that day    **AD** = seen all day

## BLEEDING



**H**=Heavy  
**M**=Moderate  
**L**=Light  
**VL**=Very Light/Spotting  
**B**=Brown (or black) bleeding

Always record the presence or absence of mucus on the Light and Very Light days.

## NO MUCUS



**0**=Dry  
**2**=Damp without Lubrication  
**2W**=Wet without Lubrication  
**4**=Shiny without Lubrication



Green Babies are used when a dry day falls within a count of 3.

## MUCUS

### (Peak & Non-peak type)



If you can pick it up:

#### Consistency:

**6**=Sticky (1/4")    **P**=pasty or creamy  
**8**=Tacky (1/2-3/4")    **G**=Gummy or gluey  
**10**=Stretchy (1" or more)

#### Color:

**C**=cloudy (white)  
**K**=clear  
**C/K**=cloudy/clear (two colors)  
**Y**=yellow (even pale yellow)  
**B**=brown (or black) bleeding

#### Sensation:

**L**=lubrication  
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If you can't pick anything up, but feel lubrication:

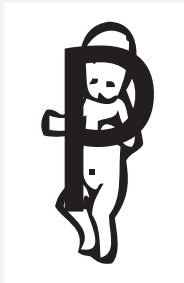
**10DL**=Damp with Lubrication  
**10SL**=Shiny with Lubrication  
**10WL**=Wet with Lubrication

## PEAK TYPE MUCUS

Any mucus that is clear (K), stretchy (10) or lubricative (L)  
*Examples of Peak Type Mucus: 10KL, 10C, 8K, 10WL*

## NON-PEAK TYPE MUCUS

Any mucus that is NOT clear, stretchy or lubricative  
*Examples of Non-Peak Mucus: 8C, 6C, PC, 8YG*



## THE PEAK DAY

The last day of any mucus that is clear, stretchy or lubricative