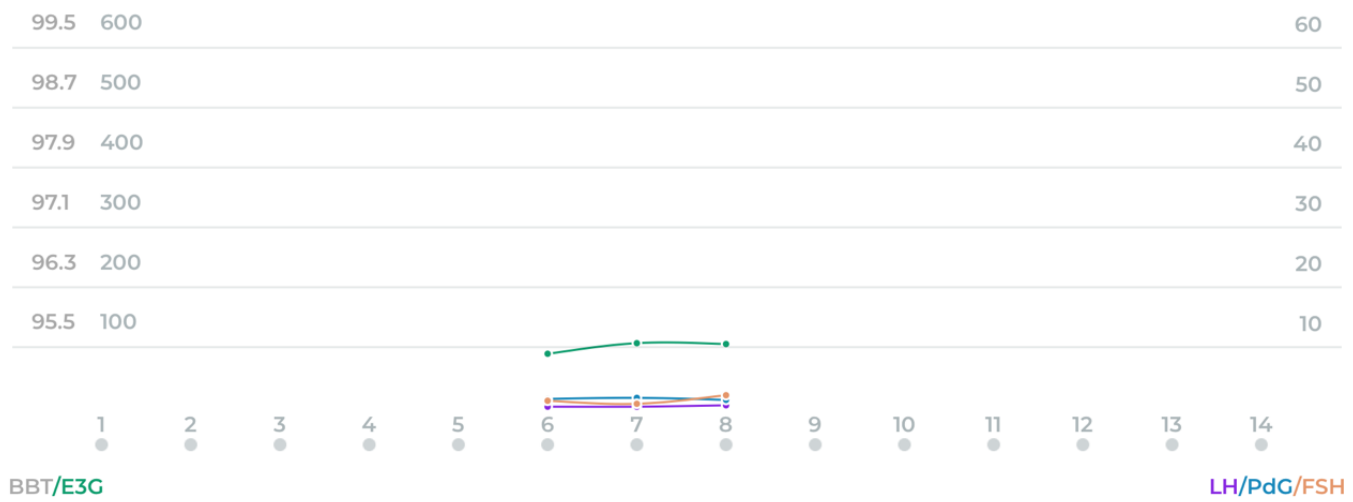


Current cycle

inito 28 Sep – 24 Oct





E3G
(ng/ml)

LH
(mIU/ml)

PdG
(ug/ml)

FSH
(mIU/ml)

BBT
(°F)

CD	DATE	TIME	FERTILITY	E3G (ng/ml)	LH (mIU/ml)	PdG (ug/ml)	FSH (mIU/ml)	BBT (°F)
6	Oct 3	8:19 AM	Low	89.0	0.1	1.4	1.1	-
7	Oct 4	7:37 AM	Low	106.7	0.1	1.5	0.6	-
8	Oct 5	8:49 AM	Low	105.3	0.3	1.2	2.0	-

Intralipids CD10, vaginal progesterone started CD18;
CD12 blood estradiol 428, progesterone 0.8, LH 38.9
CD16 blood progesterone 8.4, estradiol 88.9

inito

01 Sep – 27 Sep
Ovulation Confirmed

PdG Rise

Fertility: Peak

High

Low

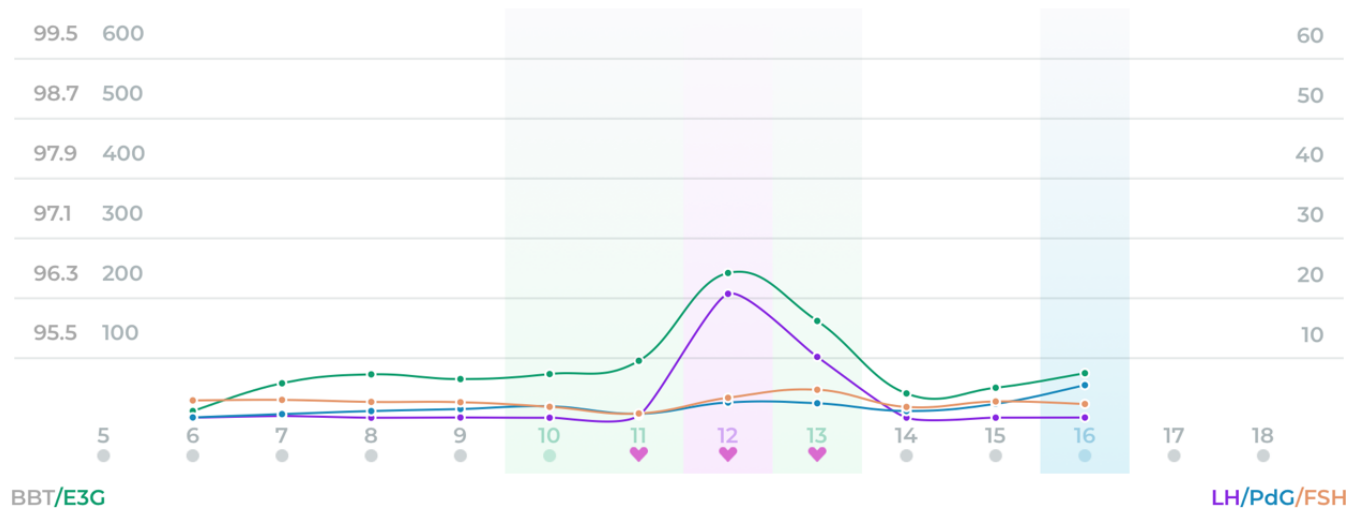
E3G
(ng/ml)

LH
(mIU/ml)

PdG
(ug/ml)

FSH
(mIU/ml)

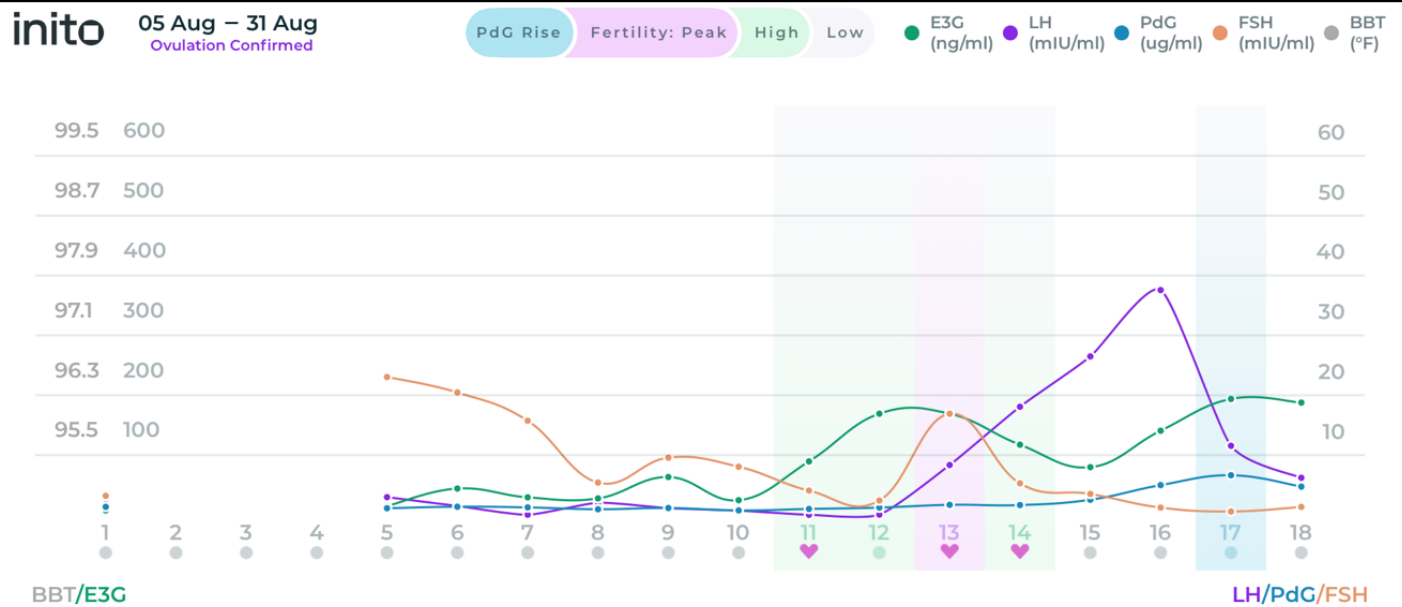
BBT
(°F)



CD	DATE	TIME	FERTILITY	E3G (ng/ml)	LH (mIU/ml)	PdG (ug/ml)	FSH (mIU/ml)	BBT (°F)
6	Sep 6	7:16 AM	Low	11.7	0.1	0.1	3.0	-
7	Sep 7	8:13 AM	Low	58.1	0.3	0.7	3.0	-
8	Sep 8	7:34 AM	Low	73.0	0.1	1.2	2.7	-
9	Sep 9	8:11 AM	Low	65.2	0.1	1.5	2.7	-
10	Sep 10	7:57 AM	High	73.5	0.1	2.0	1.9	-
11	Sep 11	8:27 AM	High	95.6	0.4	0.7	0.8	-
12	Sep 12	8:21 AM	Peak	242.3	20.8	2.6	3.4	-
13	Sep 13	8:46 AM	High	162.2	10.2	2.5	4.7	-
14	Sep 14	7:55 AM	Low	41.2	0.1	1.2	1.9	-
15	Sep 15	8:07 AM	Low	50.7	0.1	2.4	2.8	-
16	Sep 16	8:06 AM	Low	75.0	0.1	5.5	2.4	-

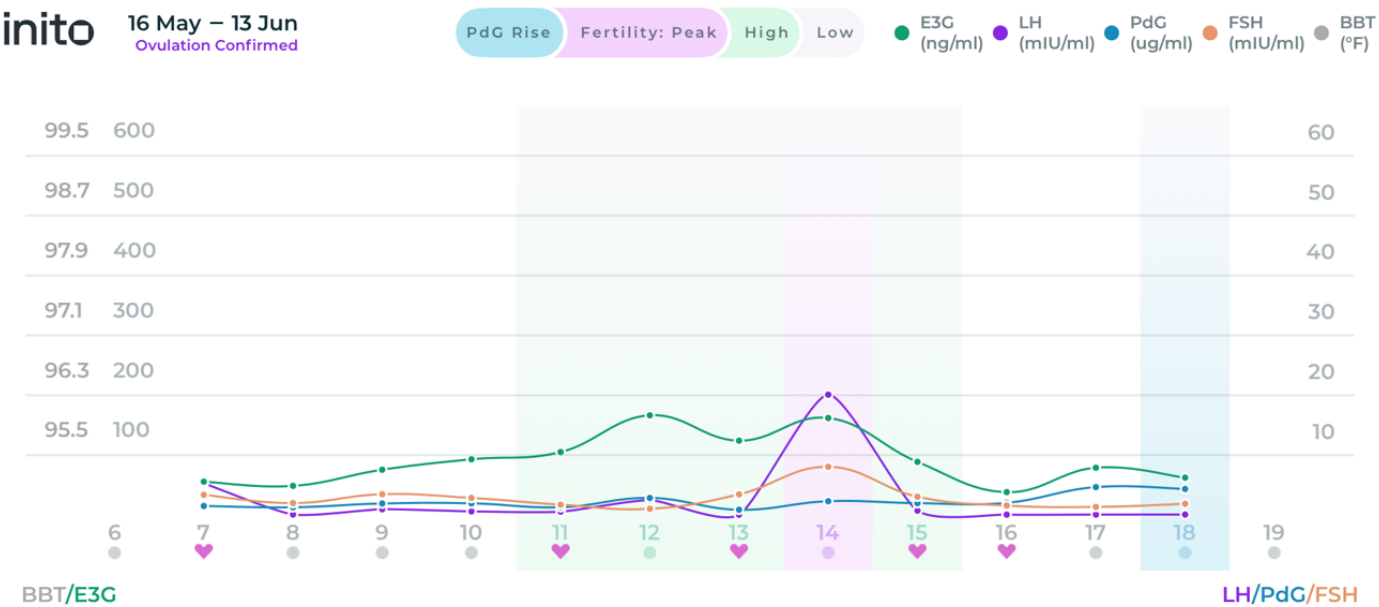
No Inito charts for June or July because monitored by clinic for timed intercourse with letrozole and ovidrel trigger in June and egg retrieval in July.

This August cycle I went rogue and on my own took Gonal F 75 iu and Menopur 75 iu CD2-5 and triggered with Ovidrel CD13; vaginal progesterone started CD18



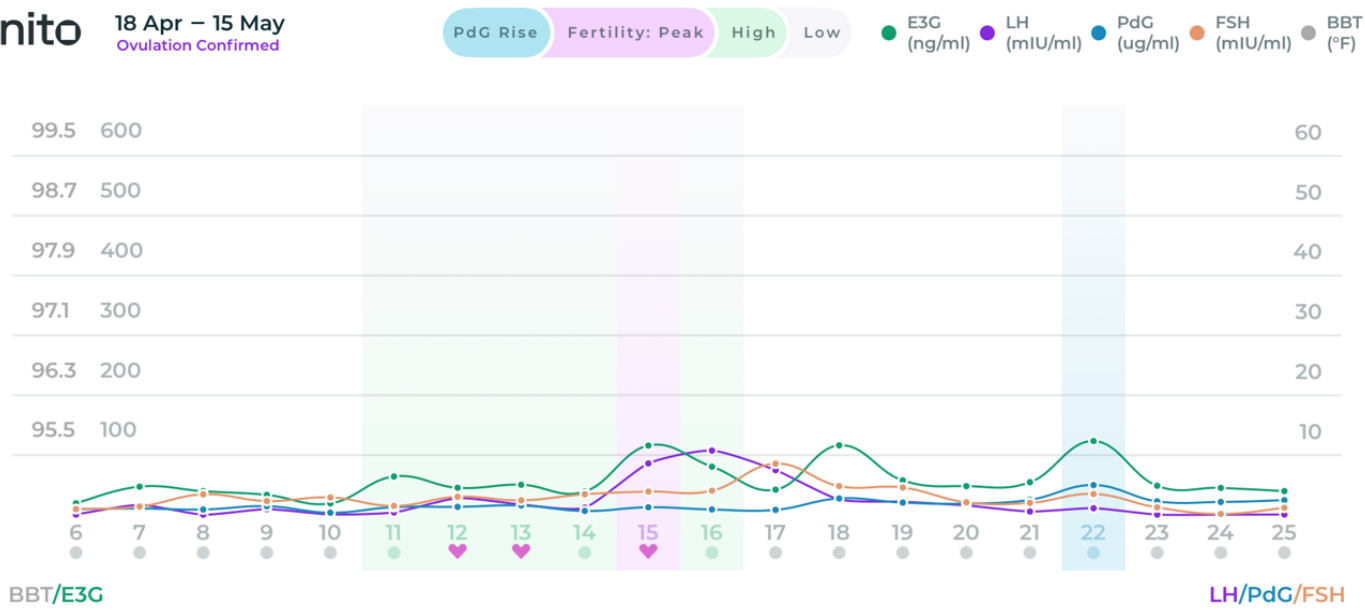
CD	DATE	TIME	FERTILITY	E3G (ng/ml)	LH (mIU/ml)	PdG (ug/ml)	FSH (mIU/ml)	BBT (°F)
1	Aug 5	7:37 AM	Low	7.8	1.8	1.4	3.2	-
2	Aug 6	-	Low	-	-	-	-	-
3	Aug 7	-	Low	-	-	-	-	-
4	Aug 8	-	Low	-	-	-	-	-
5	Aug 9	8:09 AM	Low	14.9	3.0	1.1	23.1	-
6	Aug 10	6:51 AM	Low	44.3	1.5	1.4	20.5	-
7	Aug 11	6:27 AM	Low	29.6	0.1	1.3	15.8	-
8	Aug 12	7:57 AM	Low	27.8	2.1	1.0	5.4	-
9	Aug 13	6:41 AM	Low	63.5	1.2	1.2	9.6	-
10	Aug 14	7:16 AM	Low	24.8	0.7	0.8	8.1	-
11	Aug 15	7:49 AM	High	89.6	0.1	1.0	4.1	-
12	Aug 16	6:40 AM	High	169.3	0.1	1.3	2.4	-
13	Aug 17	7:02 AM	Peak	169.3	8.4	1.7	16.9	-
14	Aug 18	6:28 AM	High	117.5	18.1	1.7	5.3	-
15	Aug 19	6:28 AM	Low	80.0	26.5	2.6	3.5	-
16	Aug 20	9:50 AM	Low	140.9	37.6	5.0	1.3	-
17	Aug 21	8:15 AM	Low	193.9	11.6	6.7	0.6	-
18	Aug 22	8:19 AM	Low	187.8	6.2	4.8	1.4	-

Probably started progesterone CD18



CD	DATE	TIME	FERTILITY	E3G (ng/ml)	LH (mIU/ml)	PdG (ug/ml)	FSH (mIU/ml)	BBT (°F)
7	May 22	6:33 AM	Low	55.7	5.3	1.5	3.4	-
8	May 23	6:52 AM	Low	48.8	0.1	1.3	2.0	-
9	May 24	7:24 AM	Low	75.7	1.0	1.9	3.5	-
10	May 25	8:23 AM	Low	93.2	0.6	2.0	2.9	-
11	May 26	5:52 AM	High	105.3	0.6	1.3	1.7	-
12	May 27	9:44 AM	High	166.6	2.5	2.9	1.1	-
13	May 28	9:13 AM	High	124.3	0.1	0.9	3.5	-
14	May 29	9:08 AM	Peak	162.1	20.1	2.3	8.1	-
15	May 30	6:48 AM	High	88.9	0.7	2.0	3.1	-
16	May 31	7:27 AM	Low	38.3	0.1	2.1	1.6	-
17	Jun 1	9:15 AM	Low	79.0	0.1	4.7	1.4	-
18	Jun 2	6:22 AM	Low	62.5	0.1	4.4	1.9	-

First cycle after laparoscopy
I don't remember if I took progesterone this cycle



CD	DATE	TIME	FERTILITY	E3G (ng/ml)	LH (mIU/ml)	PdG (ug/ml)	FSH (mIU/ml)	BBT (°F)
6	Apr 23	9:46 AM	Low	19.7	0.1	1.0	1.0	-
7	Apr 24	8:38 AM	Low	47.4	1.7	1.1	1.4	-
8	Apr 25	6:24 AM	Low	39.9	0.1	0.9	3.5	-
9	Apr 26	9:02 AM	Low	33.7	1.0	1.5	2.3	-
10	Apr 27	8:18 AM	Low	19.5	0.1	0.4	2.9	-
11	Apr 28	9:31 AM	High	64.5	0.4	1.3	1.5	-
12	Apr 29	8:51 AM	High	45.6	2.8	1.4	3.1	-
13	Apr 30	8:41 AM	High	50.6	1.8	1.6	2.5	-
14	May 1	7:13 AM	High	39.3	1.3	0.7	3.5	-
15	May 2	8:34 AM	Peak	116.1	8.6	1.3	3.9	-
16	May 3	7:08 AM	High	80.8	10.8	0.9	4.1	-
17	May 4	7:26 AM	Low	42.4	7.5	0.9	8.6	-
18	May 5	8:59 AM	Low	116.4	2.6	2.8	4.8	-
19	May 6	9:10 AM	Low	57.8	2.2	2.1	4.6	-
20	May 7	8:51 AM	Low	48.3	1.6	1.9	2.1	-
21	May 8	9:26 AM	Low	54.9	0.6	2.6	2.0	-
22	May 9	8:20 AM	Low	123.6	1.1	5.0	3.5	-
23	May 10	8:49 AM	Low	48.9	0.1	2.3	1.3	-
24	May 11	8:42 AM	Low	45.4	0.1	2.2	0.2	-
25	May 12	8:44 AM	Low	40.0	0.1	2.5	1.2	-