

Fertility AWARENESS

Fertility Awareness for Hormonal Health & Conception
A Naturopathic Guide to Understanding Your Cycle Naturally



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Why Fertility Awareness Matters

Your menstrual cycle isn't just about reproduction—it's a vital sign of your overall health. Learning to observe and interpret the signs your body gives you each month offers a powerful window into your hormonal health, fertility potential, and emotional wellbeing. Whether you're preparing to conceive, regulating your hormones, or simply want to understand your body better, fertility awareness is a practical and empowering tool.

What is Fertility Awareness?

Fertility Awareness is a natural method of tracking ovulation and the fertile window using physical signs:

1. **Basal Body Temperature (BBT)**
2. **Cervical Mucus Observations**
3. **Cervical Position (optional advanced tracking)**
4. **Cycle Day Count**

This information is used to determine when you are most fertile and when hormonal changes (like ovulation and luteal phase shifts) are occurring. It's also one of the most revealing ways to understand how your endocrine system is functioning in real time.

How to Track Your Fertility Cycle

1. Basal Body Temperature (BBT)

- Use a digital thermometer that records to one decimal place (e.g. 36.4°C)
- Take your temperature first thing in the morning, before getting out of bed or drinking water
- Try to take it at the same time each day for accuracy
- Chart your readings daily—fertile tracking apps or printed charts work well

Why this matters:

Your resting temperature is influenced by progesterone—a hormone that rises after ovulation. When ovulation occurs, the body produces progesterone from the corpus luteum (the shell of the released egg), which causes a subtle but measurable increase in body temperature. A sustained rise indicates ovulation has occurred. If the temperature does not rise, it could suggest delayed or absent ovulation.

What to look for:

- A sustained rise (approx. 0.3–0.5°C) usually signals that ovulation has occurred
- Before ovulation, temperatures are usually lower (36.1°C–36.4°C)
- After ovulation, temperatures rise (36.6°C–37.0°C)

Note: Alcohol, illness, stress, or broken sleep can affect your reading—track these on your chart for context



**"Your body is always talking to you—
fertility awareness helps you finally understand what it's saying."**

2. Cervical Mucus Observation

- Observe cervical mucus each day—on toilet paper or underwear
- Record both its appearance and sensation

Why this matters: Cervical mucus changes throughout your cycle in response to rising oestrogen and then progesterone. Just before ovulation, oestrogen stimulates the production of fertile mucus—clear, stretchy, and slippery like raw egg white—which helps sperm travel to the egg and survive longer in the reproductive tract. This is your most fertile time.

After ovulation, progesterone causes mucus to become sticky, cloudy, or dry, creating a barrier to sperm and signalling the end of the fertile window.

What to look for:

- **Dry/no mucus:** infertile phase
- **Sticky, white, thick mucus:** transition phase (low fertility)
- Stretchy, clear, slippery mucus (like egg whites): fertile window—ovulation is approaching or occurring

Top Tip: Fertile mucus may feel wet or slippery at the vulva even if you can't see it

3. Cycle Day Tracking

- Day 1 = the first day of full menstrual bleeding
- Count forward until the next period to track the full cycle length
- Most women ovulate around Day 12–16, but this varies depending on the length and regularity of your cycle

Why this matters: Tracking cycle days gives you a framework to overlay your temperature and mucus signs. It helps highlight whether ovulation is occurring within a healthy window and if the luteal phase (the time from ovulation to your next period) is long enough to support implantation if conception is the goal.

Why This Is Important

- Helps you pinpoint ovulation for conception (or contraception)
- Gives insight into cycle regularity and hormone function
- Can help identify potential issues like:
 - Anovulatory cycles
 - Short luteal phase
 - Progesterone deficiency
 - PCOS patterns
- Encourages body trust and self-awareness
- Empowers you to have informed conversations with your practitioner

“If you don’t ovulate, you don’t make progesterone. And without healthy levels of progesterone, your cycle can’t fully complete, your mood can suffer, and your fertility may be compromised.”

Interpreting Your Signs Together

Sign

What It Tells You

Rising BBT (after ovulation)➤	Confirmed ovulation has occurred
Egg-white mucus➤	High fertility, ovulation is near
Dry days➤	Low fertility
Short luteal phase (<10 days)➤	May suggest low progesterone
No temperature rise➤	May suggest anovulation or delayed ovulation

Emotional Awareness & Cycle Mapping

Track how you feel emotionally throughout your cycle:

- Mood changes
- Energy levels
- Cravings or stress patterns
- Libido

Why this matters: Oestrogen and progesterone both influence neurotransmitters like serotonin and GABA, which impact your mood, motivation, calmness, and even sleep. Mapping your cycle helps you understand the natural shifts that affect your mindset and helps reduce guilt, shame, or confusion around emotional patterns. This supports a more compassionate, grounded approach to your wellbeing.

Practical Tips for Getting Started

- Use a printed chart (like Francesca Nash's template) or an app such as Kindara, Fertility Friend, or Read Your Body
- Set your thermometer by your bed to track easily
- Be consistent but don't strive for perfection—data over time is most useful
- Seek guidance from a fertility-aware naturopath for support interpreting your chart

"Now is the best time to start listening to your cycle—it's not just about fertility, it's about full-body health."



Jodie Studley - Naturopath

Fertility Awareness Chart

Name: _____ Date: _____

Use this chart to track your fertile window by measuring basal body temperature and watching for changes in cervical mucus. Use a digital thermometer (recording to one decimal place) to take your temperature at the same time every morning. Observe cervical mucus appearance on toilet paper.

Date (week beginning)	WEEK 1: ____/____/____							WEEK 2: ____/____/____							WEEK 3: ____/____/____							WEEK 4: ____/____/____							WEEK 5: ____/____/____							WEEK 6: ____/____/____						
Day of Cycle (Day 1 is the first day of your period)	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		
Morning Basal Body Temperature (Celsius) (Graph along the dotted lines)	37.5																																									
	37.4																																									
	37.3																																									
	37.2																																									
	37.1																																									
	36.9																																									
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36.3																																										
36.2																																										
36.1																																										
36																																										
Temperature Confounding Factors	Slept in																																									
	Poor sleep																																									
	Alcohol (day before)																																									
	Illness																																									
Cervical Mucus Appearance and Vaginal Sensation	Stress																																									
	Transparent and stretchy with wet, slippery sensation																																									
	Thick, white, sticky but not stretchy with damp sensation																																									
	Unnoticeable or dry with damp sensation																																									
Additional Symptoms	Unnoticeable or dry with no sensation																																									
	Pain (score out of 10)																																									
	Emotions (score out of 10)																																									
	Sexual desire																																									
Intercourse																																										



Notes