

Fertility Charting: Why Would I Use It?

Lifestyle		Beliefs	
I feel empowered by having real-time, daily knowledge of my cycle	I'm excited about exploring my emotions and sensations in each phase of my cycle	My religious faith doesn't support using some or all types of birth control	I'm concerned about the abortifacient mechanisms of some types of birth control (like the IUD)
I like to feel physically grounded and in tune with my body	I'm committed to open communication with my partner about fertility, sex, health, and future plans	I'm skeptical of the medical-industrial complex (aka Big Pharma)	I believe in conscious lovemaking and bringing my whole self to an encounter with my partner
I need to plan ahead for work and special events	I and/or my partner don't wish to or can't rely on barriers	"If it ain't broke, don't fix it" – my body is not broken!	The man should take equal responsibility for the decision to conceive
I want to try cycle mapping to increase my productivity	I'm not currently sexually active, but want to practice open communication with my current or future partner about fertility, sex, health, and future plans	I'd like to practice conscious conception	My fertility is radically my responsibility; I own it and it's up to me to use it responsibly without depending on technology, medical professionals, or anyone else
Being on birth control is inconvenient		I'm looking for a truly cooperative, nonsexist method of regulating conception	
Being on birth control is expensive	I'm not currently sexually active, but want the freedom to become sexually active in the future without prior planning	It's important to treat the root cause of disorders, not just slap a Band-aid on symptoms	I am a whole being; my procreative health isn't separate from my general health or the rest of my life
Health		Family planning	
I'm tired of the spotting or heavy bleeding caused by HBC (hormonal birth control)	I can use my knowledge of normal (and what's normal for my body) to advocate for myself with doctors	I'm not currently sexually active, but intend to start a family or add to my family in the future	We're TTA because we want to wait before conceiving (or conceiving again)
			We're TTA because we've reached our desired family size
I'd like to get off antidepressants	I need to track symptoms to diagnose a reproductive health issue (like PCOS)	Early awareness that I've conceived is important to me	We're TTC and want to have a hand in the timing of conception
Birth control is diminishing my sexual enjoyment			We're TTC and want to maximize our chances of conception
I want to avoid the black box health risks of HBC (hormonal birth control)	I need to find and treat the root cause of painful or irregular periods	I can pinpoint the exact date of conception to establish an accurate EDD and advocate for myself and my baby with maternity care providers	The flexibility to change our intentions (to achieve or avoid conception) at any time leading up to sex is important to me
I need to track symptoms to diagnose a general health issue (like anemia)	I need to find and treat the root cause of infertility or trouble conceiving		I'm breastfeeding and want to monitor ROF (return of fertility)
I need to find and treat the root cause of acne	I need to find and treat the root cause of PMS/PMDD		



