



**Explanation to the table: (These are extra sign of ovulation and conception that you can track if you want.)**

**Cervical Fluid:** Can be clear, white or even dry

**Cervix:** Can be hard or soft. The cervix is soft and open the days before and at ovulation, then hard and closed.

**Cervical Position:** The cervix is positioned low during your period and then rises high up in the vagina as ovulation is approaching. After ovulation, the cervix becomes shut, firm and low again. If you conceive, the cervix will remain shut, but will soften and become higher. This may or may not be noticed before your due date.

**Ovulatory Pain:** Ovulation pain can occur from the ovary releasing this month's egg. It will appear a couple of days before ovulation or at the time of ovulation (or not at all).

**OPK Result:** These are your Ovulation Predictor Kit results, if you are using such device.

**Cramps:** If you have cramps as a sign of menstruation, you know :-)

**Bloated:** Fill in Yes Or no in the chart to track your period (or lack of it)

**Sore Breasts:** Sore breasts are a well-known sign of menstruation, but can also be a sign of conception. In the latter case, your sore breasts will continue to be sore past your due date.

**Emotional:** Emotional rollercoaster? Write down what you feel.

**Implantation Pain:** A stinging sensation at around day 10 after ovulation may indicate that a fertilized egg is implanting in your uterus lining.

**Implantation Bleeding:** A small spotting at around day 10 after ovulation can mean that your period is on its way or that your fertilized egg is implanting.

**Pregnancy Test:** Don't do this too early!

**Intercourse:** Needed to get pregnant, right? 😊 Fill in the days of intercourse to see if you timed them well for conception.

**What temperature changes to look for:**

**Ovulation:** Should occur at around day 14 after the first day of menstruation, depending of the length of your cycle. A temperature rise means that ovulation already occurred.

**Implantation:** At around day 10 after ovulation, you may discover an additional, smaller temperature rise that is sustained. It may mean that you are pregnant!

Learn more at: <http://www.easybabylife.com/tips-for-getting-pregnant.html>