Fertility Indicators http://www.naturalfamilyplanning.ie/what-is-cervical-mucus/

^Ovulation Indicators

Cervical Mucus

* Typically: 90-95% water content
* Ovulation: 98-99% water content
* The other percentages are salts, organics, sugars, mucin etc – measuring these could be easier to measure
* Cervical MUCIN is very important. Accounts for most of the properties
* Gestogenic mucus is progesterone stimulated, infertile, moist/dam/ tacky, scant, opaque,viscous
* Oestrogenic under estrogen stimulation, mixes three subtates Loaf,String(sperm carrier),Peak and they are in the fertile cycle, sensation/appearance different for each. Wet slippery, raw egg white stretchy runny clear abundant

Most important for tracking is the build-up as the actual appearance/ chemistry can change between cycles.

Temperature: