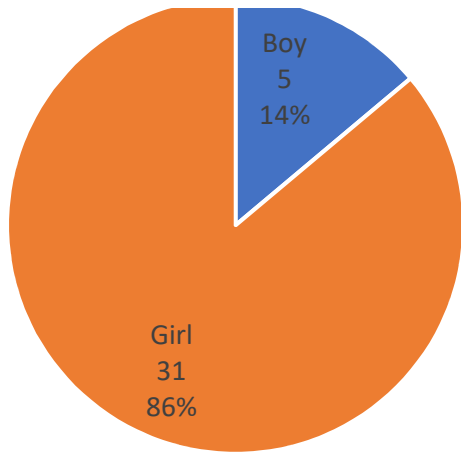


Name	year	Gender	Method	CM PH	DH PH	Diet	DH Diet
Sisterdreams	2016	girl	natural	no	no	yes	no
MummyK123	2016	girl	natural	no	no	yes	yes
Calle27	2016	girl	natural	4.05	no	yes	yes
nykolzway89	2016	girl	natural+TBM	4.9	8.0	yes	yes
Rusticlady27	2016	girl	natural	4.7	8.0	no	no
cupcakedreamz	2016	boy	natural	5.50	6.0	yes	no
ams251	2017	girl	natural	4	no	yes	no
edelweiss	2017	boy	natural	4	no	yes	yes
fourboysmom	2017	girl	natural	5	7.5	yes	no
Hopingprincess	2017	girl	natural	4.5	7.4	yes	yes
mom777	2017	girl	natural	5	7.1	yes	no
mmama9	2017	girl	natural	5	7.0	yes	yes
lilou190991	2018	girl	natural	no	no	yes	
Southerngirl	2018	girl	natural	4.50	no	yes	yes
loveall5	2018	girl	natural	4.05	no	yes	no
mumto3boys84	2018	girl	natural	4.2	7.0	yes	yes
bpat22	2018	girl	natural	5	6.0	yes	yes
bellarose	2019	girl	natural	no	no	yes	yes
laura11111	2019	girl	natural	no	no	yes	yes
lj3kids	2019	girl	natural	no	no	yes	no
dl3mom	2019	girl	natural	no	no	yes	yes
lovebeingamum	2019	girl twins	natural	no	no	yes	yes
intime	2019	girl	natural	no	no	yes	no
funkypickle	2019	boy	natural	5	no	yes	yes
Jammyk	2019	girl	natural	4.5	no	yes	no
raisinggentlemen3	2019	girl	natural	4.5	no	yes	no
Paulazetef	2019	girl	natural	4.2	no	yes	no
scarletterosa	2019	boy	natural	4.1	no	yes	no
pinkpeach	2019	girl	natural	no	8.6	yes	yes
threesthecharmlittle	2019	girl	natural	5.5	8.5	yes	no
willievergetmyg	2019	girl	natural	5.5	8.0	yes	no
mummabear	2019	boy	natural	5.25	7.5	yes	yes
dreamgirl	2019	girl	natural	5	7.5	yes	yes
sep2006	2020	girl	natural	4.7	no	yes	yes
pinkdustplease	2020	girl	natural	4	no	yes	no
lu-na82	2020	girl	natural	4.8	8.5	yes	no
andaunicorn	2020	girl	natural	4.5	8.0	yes	no
lightning	2020	girl	natural	4.08	7.2	yes	yes



Cal/Mag	DH Cal/Mag	licorice DH	Sudafed	Acidiphilus Cran	Abstain	Cutoff	
yes	no	no	no	no	yes	10 days	Yes
yes	yes	no	no	no	yes	8 days	Yes
yes	yes	no	no	no	yes	unsure	No
yes	yes	no	no	no	no	no	No
yes	cal	yes	yes 1 hr b4	yes	yes	no	no
cal	cal	no	yes 1 hr b4	no	yes	21 days	no
yes	no	no	no	no	yes	no	No
no	no	yes	yes	no	yes	7 days	yes
yes	yes	no	yes days to o	no	yes	no	No
yes	yes	yes	yes	no	yes	14 days	Yes
yes	yes	no	yes	no	yes	no	yes
yes	no	no	yes	yes	yes	no	no
yes	yes	no	no	no	yes	unsure	yes
yes	yes	no	no	yes	no	no	Yes
yes	no	no	no	no	yes	no	no
yes	yes	yes	no	no	yes	14 days	Yes
yes	yes	yes	yes	yes	yes	no	No
yes	yes	no	no	no	yes	7 days	Yes
yes	yes	yes	no	no	yes	no	yes
yes	no	no	no	no	yes	1 month	Yes
mag	no	no	no	no	no	7 days	yes
yes	no	no	yes	no	no	7 days	Yes
yes	no	no	no	no	no	2 days	Yes
yes	no	no	no	no	yes	7-10 days	Yes
yes	no	yes	yes	no	yes	12 days	yes
no	no	no	no	no	no	no	Yes
yes	no	no	yes	no	no	10 days	yes
yes	no	no	no	no	yes	8 days	no
yes	yes	yes	no	no	yes	1 month	yes
yes	no	no	yes	yes	no	no	Yes
mag	mag	yes	no	no	yes	no	Yes
yes	yes	yes	yes	no	yes	15 days	yes
yes	yes	yes	no	no	yes	9 days	yes
yes		yes		yes	yes	unsure	Yes
no	no	no	yes	no	no	no	no
yes	no	no	no	no	no	30 days	No
no	no	no	no	no	no	unsure	yes
yes	yes	tea	no	yes	no	14 days	No

Timing specifics	Douche type	Drinks	Hormones	Big O	time of year
2 days	no	no	no	no	unknown
2.5 days	no	yes	yes	no	fall
4/4.5 cutoff & 0+21	soap	yes	yes	no	summer
Bdthruo	no	no	no	yes	summer
0+12	lime, acijel	no	no	no	summer
0+12	no	yes	yes	no	fall
3 days & 12/24 b4o	no	no	no		winter
1 day	lemon	yes	yes	no	spring
daily BD	lime	yes	yes	no	summer
2 days	syk	yes	yes	no	fall
4/5days	rephresh/acigel	yes	no	no	fall
0+12	lemon	yes	yes	no	fall
3-5 days	no	no	no	no	summer
2 day	no	yes	no	no	summer
everyday until o	replens	yes	no	yes	winter
2 days	acijel	yes	yes	no	winter
bdthruo	no	yes	no	no	unknown
3 days	no	yes	no	no	fall
3 days	no	no	no	no	spring
2.5:3.5 days	no	yes	no	no	summer
close to o	no	yes	yes	no	spring
2-3 days	replens	yes	no	no	summer
2 days	no	yes	no	unsure	summer
4/5 days	replens	yes	yes	yes	spring
at +opk	no	yes	no	no	summer
2 days	syk	yes	no	no	fall
4 days	no	yes	no	no	summer
o+12	lime, replens	yes	yes	no	summer
3 days	acijel	yes	no	no	winter
2-3 days	replens	yes	yes	no	summer
1 day	lime	yes	no	no	spring
2 days	acijel	no	no	no	summer
3 days	replens	yes	yes	no	spring
2.5 days	lime	yes	yes	no	winter
2 & 3 days b4 o&o12	rephresh	yes	no	yes	winter
o+12	syk	yes	yes	no	fall
1 day	rephresh	yes	no	no	fall
posopk	no	yes	yes	no	winter

lons	Moon	EWCM	Jump/dump	Position	Hot Bath	Months TTC
no	unsure	No/dry	unsure	unsure	unsure	unsure
no	unsure	little	yes	missionary	yes	1
yes	new	yes	no	missionary	yes	2
no	quarter	unsure	no	unsure	yes	2
yes	unsure	No	no	spooning	yes	4
yes	waxing	no	no	missionary	yes	1
no	no	little	no	unsure	yes	6
no	waxing	no	no	missionary	yes	1
yes	new	no	no	missionary	yes	1
yes	waning/ne	no	no	missionary	yes	13
yes	no	little	after 5 min	missionary	yes	1
yes	waxing	little	no	missionary	yes	1
no	no	unsure	no	missionary	no	5
yes	waxing	yes	yes	missionary	no	4
yes	full	unsure	no	unsure	no	3
yes	new	little	no	missionary	yes	14
no	unsure	yes	no	shallow	yes	4
yes	no	yes	yes	missionary	yes	1
no	unsure	little	unsure	unsure	unsure	1
no	unsure	unsure	no	unsure	no	2
yes	unsure	no	yes	missionary	yes	1
yes	no	lots	no	missionary	no	4
yes	not girl	no	no	missionary	no	3
yes	new	little	yes	missionary	no	1
no	no	little	yes	missionary	yes	2
yes	full	little	no	missionary	yes	3
yes	waning	little	no	missionary	yes	1
yes	new	little	no	missionary	no	2
yes	new	less	no	missionary	yes	1
yes	new	unsure	yes	missionary	no	5
yes	unsure	unsure	yes	missionary	no	unsure
yes	waxing	no	yes	missionary	yes	5
yes	new	little	no	missionary	yes	1
yes	waning	no	no	missionary	yes	3
yes	new	little	yes	missionary	yes	8
no	boy	little	yes	missionary	no	6
yes	full	little	no	unsure	yes	9
yes	waxing	little	no	missionary	yes	2

prev kids

unsure

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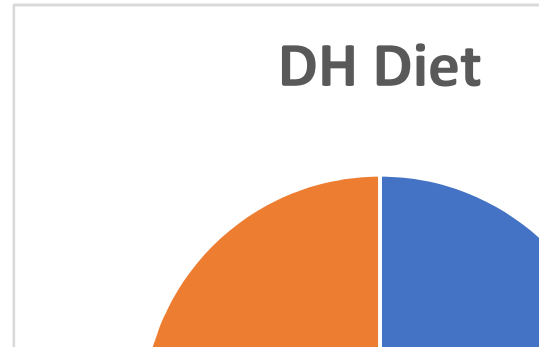
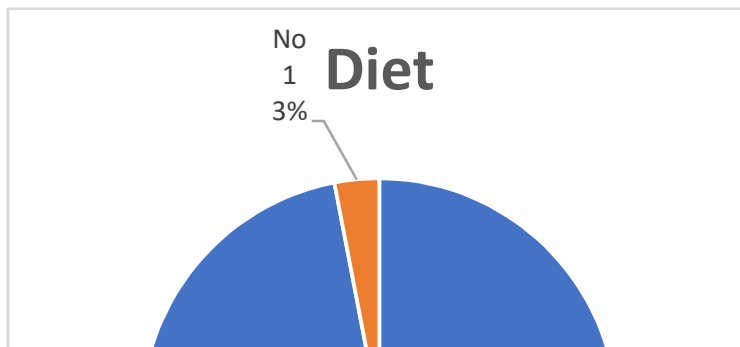
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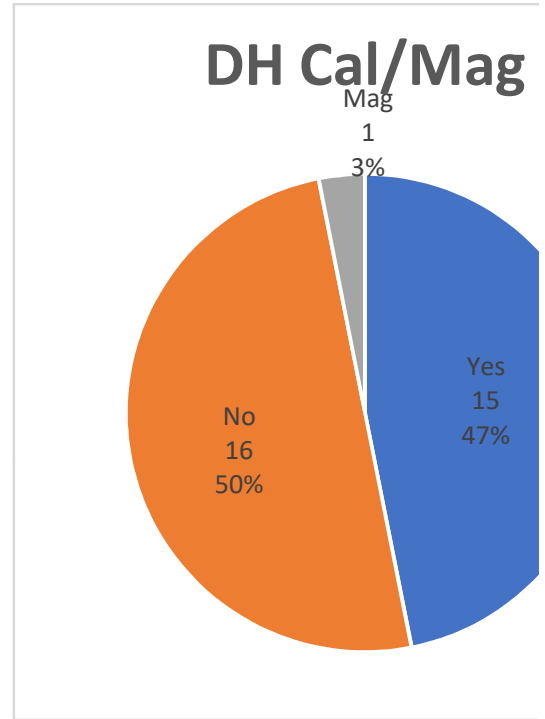
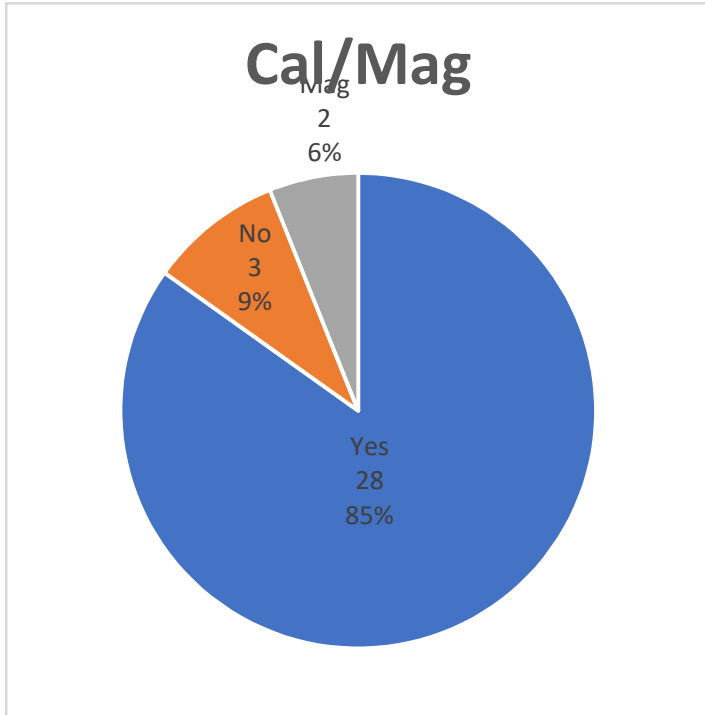
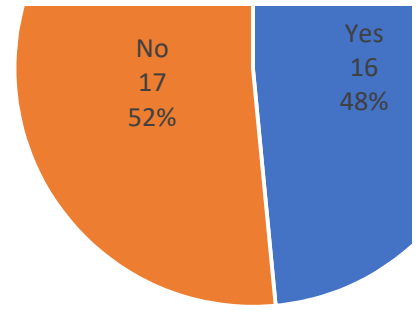
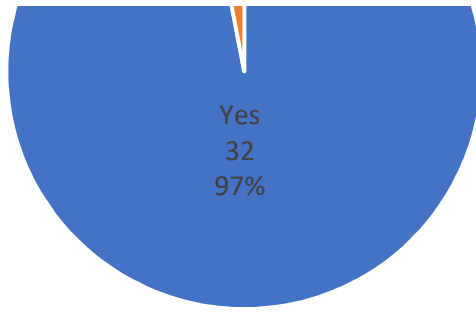
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Name	year	Gender	Method	CM PH	DH PH	Diet	DH Diet
Calle27		2016 girl	natural		4:05 no	yes	yes
Sisterdreams		2016 girl	natural	no	no	yes	no
Rusticlady27		2016 girl	natural		4.7	8 no	no
Hopingprincess		2017 girl	natural		4.5	7.4 yes	yes
MummyK123		2016 girl	natural	no	no	yes	yes
ams251		2017 girl	natural		4 no	yes	no
mom777		2017 girl	natural	4.5:5		7:08 yes	no
mmama9		2017 girl	natural		5	7 yes	yes
fourboysmom		2017 girl	natural	4.4:5		7.5 yes	no
nykolzway89		2016 girl	natural+TBM	4.3:4.9		8 yes	yes
bpat22		2018 girl	natural		5	6 yes	yes
loveall5		2018 girl	natural		4:05 no	yes	no
mumto3boys84		2018 girl	natural		4.2	7 yes	yes
Southerngirl		2018 girl	natural		04:04.5 no	yes	yes
bellarose		2019 girl	natural	no	no	yes	yes
laura11111		2019 girl	natural	no	no	yes	yes
willievergetmyg		2019 girl	natural		5.5 7.5:8	yes	no
lj3kids		2019 girl	natural	no	no	yes	no
pinkpeach		2019 girl	natural	no		8.6 yes	yes
dl3mom		2019 girl	natural	no	no	yes	yes
dreamgirl		2019 girl	natural		5	7.5 yes	yes
Paulazetef		2019 girl	natural		4.2 no	yes	no
Jammyk		2019 girl	natural		4.5 no	yes	no
raisinggentlemen3		2019 girl	natural		4.5 no	yes	no
lilou190991		2018 girl	natural	no	no	yes	no
threesthecharmlittle		2019 girl	natural		5.5	8.5 yes	no
lu-na82		2020 girl	natural		4.8	8.5 yes	no
lovebeingamum		2019 girl twins	natural	no	no	yes	yes
pinkdustplease		2020 girl	natural		4 no	yes	no
andaunicorn		2020 girl	natural		4.5	8 yes	no
sep2006		2020 girl	natural		4.7 no	yes	yes
intime		2019 girl	natural	no	no	yes	no
lightning		2020 girl	natural		4.08	7.21 yes	yes

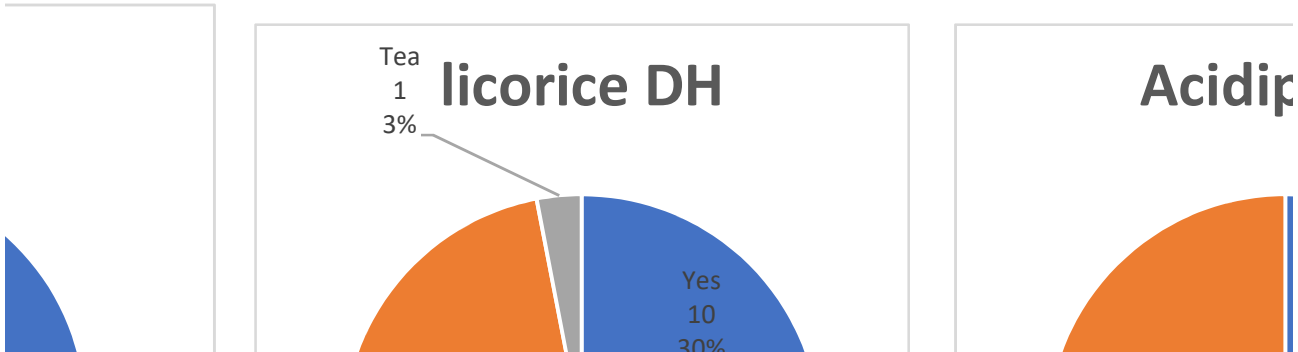
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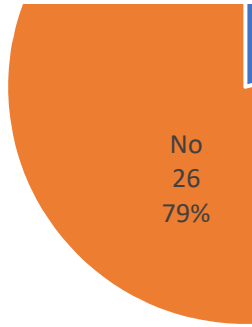
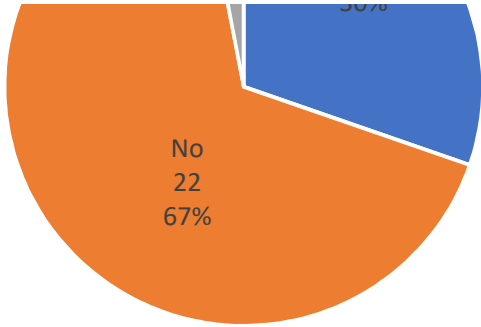




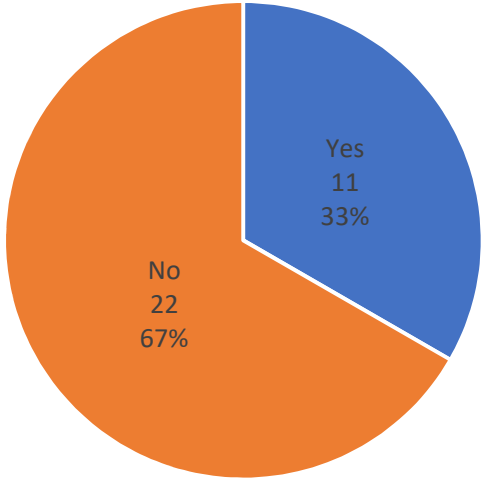
Cal/Mag	DH Cal/Mag	licorice DH	Sudafed	Acidiphilus	Cran	Abstain
yes	yes	no	no	no	yes	unsure
yes	no	no	no	no	yes	yes
yes	cal	yes	yes 1 hr b4	yes	yes	no
yes	yes	yes	yes	no	yes	yes
yes	yes	no	no	no	yes	yes
yes	no	no	no	no	yes	no
yes	yes	no	yes	no	yes	no
yes	no	no	yes	yes	yes	no
yes	yes	no	yes days to o	no	yes	no
yes	yes	no	no	no	no	no
yes	yes	yes	yes	yes	yes	no
yes	no	no	no	no	yes	no
yes	yes	yes	no	no	yes	yes
yes	yes	no	no	yes	no	no
yes	yes	no	no	no	yes	yes
yes	yes	yes	no	no	yes	no
mag	mag	yes	no	no	yes	no
yes	no	no	no	no	yes	yes
yes	yes	yes	no	no	yes	yes
mag	no	no	no	no	no	yes
yes	yes	yes	no	no	yes	yes
yes	no	no	yes	no	no	yes
yes	no	yes	yes	no	yes	yes
no	no	no	no	no	no	no
yes	yes	no	no	no	yes	unsure
yes	no	no	yes	yes	no	no
yes	no	no	no	no	no	yes
yes	no	no	yes	no	no	yes
no	no	no	yes	no	no	no
no	no	no	no	no	no	unsure
yes	no	yes	no	yes	yes	unsure
yes	no	no	no	no	no	yes
yes	yes	tea	no	yes	no	yes

28	15	10	11	7	21	15
3	16	22	22	26	12	14
2	1	1				4

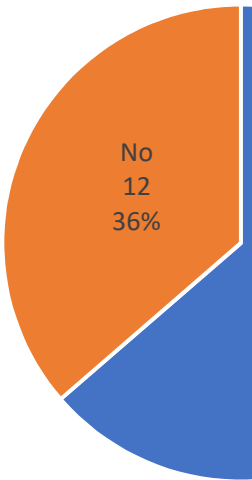




Sudafed



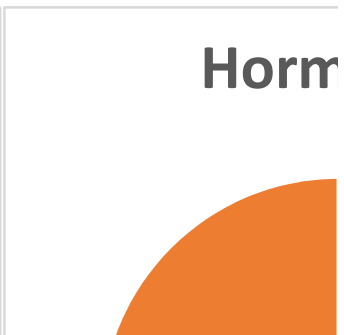
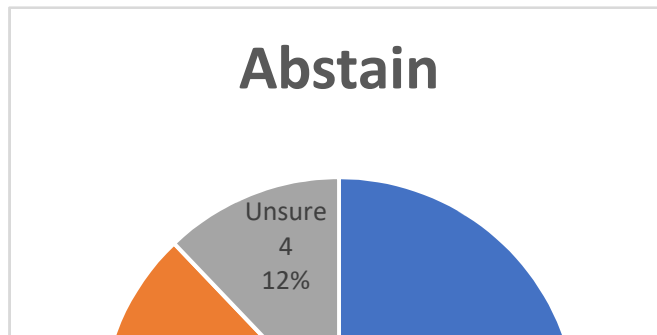
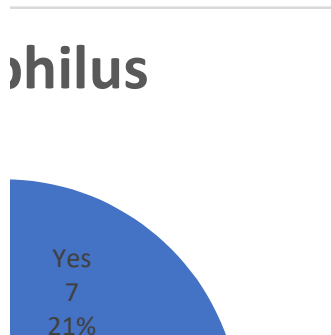
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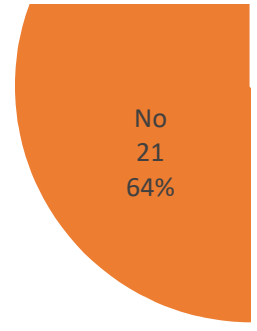
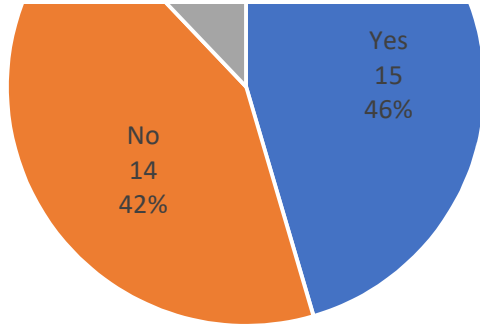


Abstain	Cutoff	Timing specifics	Douche type	Drinks	Hormones	Big O
unsure	No	4/4.5 cutoff & 0+21	soap	yes	yes	no
10 days	Yes	2 days	no	no	no	no
no	no	0+12	lime, acijel	no	no	no
14 days	Yes	2 days	sylk	yes	yes	no
8 days	Yes	2.5 days	no	yes	yes	no
no	No	3 days & 12/24 b4o	no	no	no	unsure
no	yes	4/5days	rephresh/acigel	yes	no	no
no	no	0+12	lemon	yes	yes	no
no	No	daily BD	lime	yes	yes	no
no	No	Bdthruo	no	no	no	yes
no	No	bdthruo	no	yes	no	no
no	no	everyday until o	replens	yes	no	yes
14 days	Yes	2 days	acijel	yes	yes	no
no	Yes	2 day	no	yes	no	no
7 days	Yes	3 days	no	yes	no	no
no	yes	3 days	no	no	no	no
no	Yes	1 day	lime	yes	no	no
1 month	Yes	2.5:3.5 days	no	yes	no	no
1 month	yes	3 days	acijel	yes	no	no
7 days	yes	close to o	no	yes	yes	no
9 days	yes	3 days	replens	yes	yes	no
10 days	yes	4 days	no	yes	no	no
12 days	yes	at +opk	no	yes	no	no
no	Yes	2 days	sylk	yes	no	no
unsure	yes	3-5 days	no	no	no	no
no	Yes	2-3 days	replens	yes	yes	no
30 days	No	o+12	sylk	yes	yes	no
7 days	Yes	2-3 days	replens	yes	no	no
no	no	2 & 3 days b4 o&o12	rephresh	yes	no	yes
unsure	yes	1 day	rephresh	yes	no	no
unsure	Yes	2.5 days	lime	yes	yes	no
2 days	Yes	2 days	no	yes	no	unsure
14 days	No	posopk	no	yes	yes	no

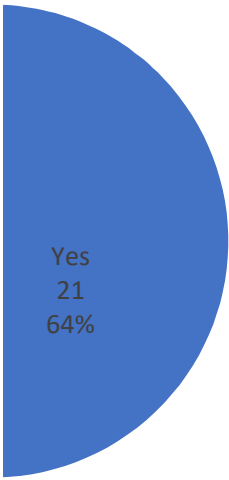
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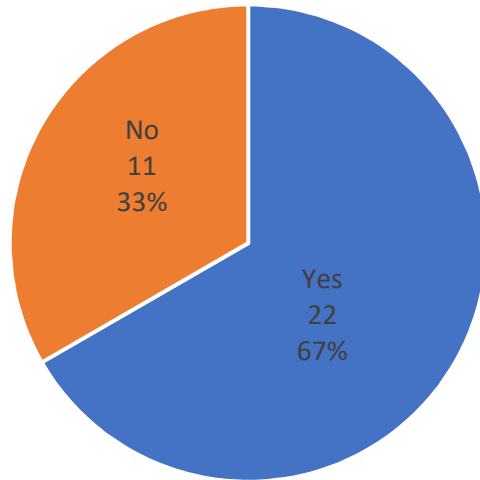




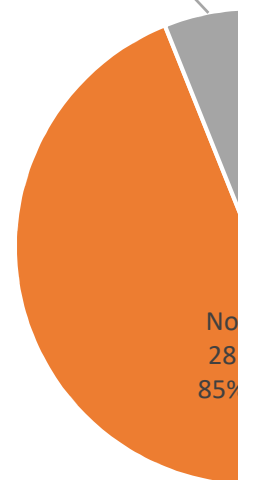
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Cutoff



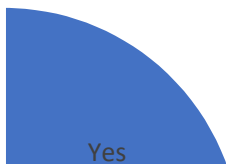
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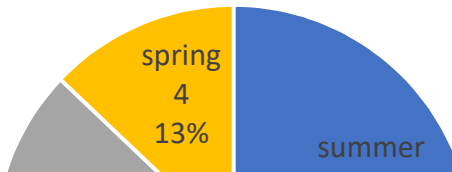
time of year	Ions	Moon	EWCM	EWCM Amount	Jump/dump
summer	yes	new	yes	yes	no
unknown	no	unsure	no/little	No/dry	unsure
summer	yes	unsure	no/little	No	no
fall	yes	waning/new	no/little	no	no
fall	no	unsure	no/little	little	yes
winter	no	no	no/little	little	no
fall	yes	no	no/little	little	after 5 min
fall	yes	waxing	no/little	little	no
summer	yes	new	no/little	no	no
summer	no	quarter	unsure	unsure	no
unknown	no	unsure	yes	yes	no
winter	yes	full	unsure	unsure	no
winter	yes	new	no/little	little	no
summer	yes	waxing	yes	yes	yes
fall	yes	no	yes	yes	yes
spring	no	unsure	no/little	little	unsure
spring	yes	unsure	unsure	unsure	yes
summer	no	unsure	unsure	unsure	no
winter	yes	new	no/little	less	no
spring	yes	unsure	no/little	no	yes
spring	yes	new	no/little	little	no
summer	yes	waning	no/little	little	no
summer	no	no	no/little	little	yes
fall	yes	full	no/little	little	no
summer	no	no	unsure	unsure	no
summer	yes	new	unsure	unsure	yes
fall	no	boy	no/little	little	yes
summer	yes	no	yes	lots	no
winter	yes	new	no/little	little	yes
fall	yes	full	no/little	little	no
winter	yes	waning	no/little	no	no
summer	yes	not girl	no/little	no	no
winter	yes	waxing	no/little	little	no

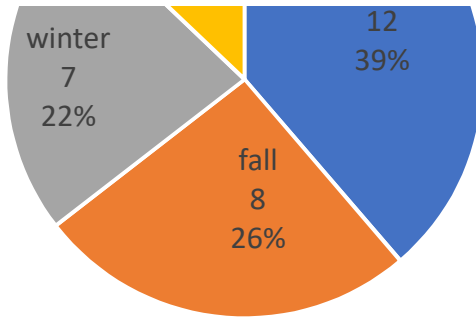
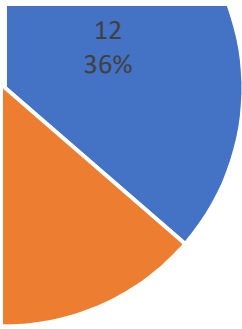
12	23	5
8	10	22
7		6
4		

Ions

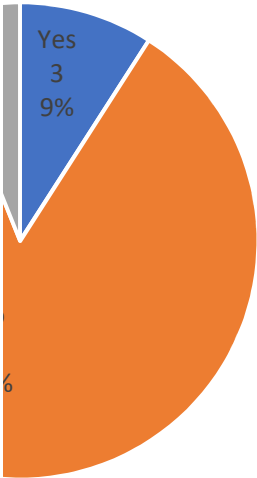


Time of year

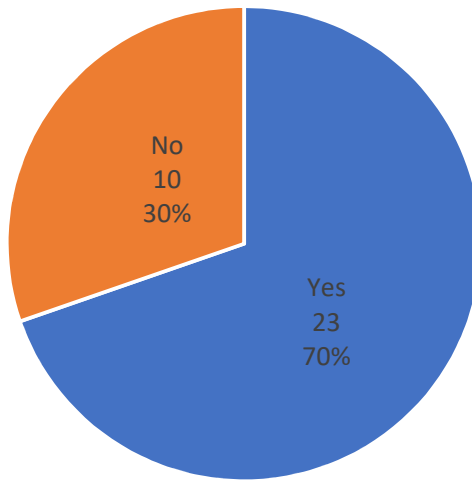




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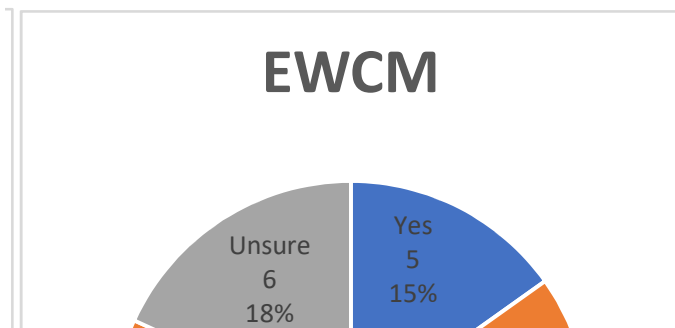


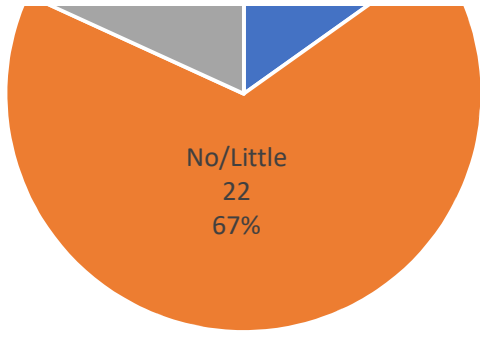
Ions



Position	Hot Bath	Months TTC	prev kids
missionary	yes		2 BG
unsure	unsure	unsure	unsure
spooning	yes		4 bbb
missionary	yes		13 bbb
missionary	yes		1 bb
unsure	yes		6 bb
missionary	yes		1 bb
missionary	yes		1 bb
missionary	yes		1 bbbb
unsure	yes		2 bb
shallow	yes		4 b
unsure	no		3 bbb
missionary	yes		14 bbbb
missionary	no		4 BBB
missionary	yes		1 b
unsure	unsure		1 bbb
missionary	no	unsure	bbb
unsure	no		2 gbb
missionary	yes		1 gbb
missionary	yes		1 b
missionary	yes		1 b
missionary	yes		1 bb
missionary	yes		2 bbb
missionary	yes		3 bbb
missionary	no		5 bbb
missionary	no		5 bb
missionary	no		6 bb
missionary	no		4 bb
missionary	yes		8 bbb
unsure	yes		9 bb
missionary	yes		3 bb
missionary	no		3 bb
missionary	yes		2 bbbbbgg

22
9
2





Hot Bath

