



Welcome to FEMM Education – we’re glad you’ve chosen to give this gift to yourself!

Learning to track and chart your cycle is key to understanding your body and feeling empowered in your health choices.

FEMM charting focuses on patterns of 4 major hormones that help you and your healthcare advisors understand your health: FSH, estrogen, LH and progesterone. Charting will help you identify the unfolding signs and patterns of these hormones. You’ll be able to monitor your health more effectively, and will have the information you need to manage your fertility.

Client responsibilities:

- Participate in 3 FEMM Sessions.
- Chart **daily** for 3 full cycles (we recommend you continue to chart as a daily habit to monitor your health and fertility!).
- Complete the FEMM Health Form (giving consent to anonymously share with FEMM your health information including charting, and comments – this is so that we can help your FEMM Teacher best advise on your cycle & health)).
- Bring your chart to each Session to discuss your charting and questions.
- Work closely with your FEMM Teacher and reach out with any needs.

Getting the most out of FEMM:

Set a daily bedtime FEMM charting reminder to stay on top of daily charting. Use the FEMM App's built-in reminder option, or just create a gentle alarm on your phone. Setting it for bedtime ensures you've been able to observe the entire day and can note your most fertile/estrogenic sign of the day.

Check your cervical mucus (CM) frequently: Charting your ES qualities + changes observed each day helps to inform you about your current hormonal state and establish your unique cycle patterns. Your CM qualities are often very similar from cycle to cycle and establishing patterns early on helps you to understand and manage your health and fertility.

Monitor and track your symptoms. It is important to note (use the ‘notes’ section of the paper chart or App) any physical symptoms such as pain, headache, fatigue, acne or bloating, and emotional symptoms like mood swings or insomnia. This information could help your healthcare providers identify possible health concerns.

Your daily experiences: stress, travel, illness, medication, etc. can also impact your cycle, so be sure to note these as they can help you make sense of a changing cycle pattern.

Reach out to your FEMM teacher with questions! Learning to chart can be confusing as you get to know your body and your biomarkers.

Your FEMM Teacher is here to provide you with information and support.