

OvaLune

User Manual

August 2026

OvaLune — User Manual

Disclaimer: OvaLune is a personal tracking tool, not medical software. Its data, interpretations, and predictions do not constitute medical advice. Always consult a qualified healthcare provider for health decisions or reproductive planning.

Table of Contents

1. [Getting Started](#)
 2. [Main Interface](#)
 3. [Daily Data Entry — Form Fields](#)
 4. [Analyzing Your Data](#)
 5. [Settings](#)
 6. [Security & Privacy](#)
 7. [Using OvaLune with FAM Methods](#)
 8. [FAQ](#)
-

1. Getting Started

1.1 Installation

OvaLune is a Progressive Web App (PWA). No app store is required — you install it directly from your browser.

1. Open the app URL in a compatible browser (Chrome, Edge, or Safari).
2. Tap the **Install the app** banner or use your browser's "Add to Home Screen" option.
3. Follow the prompts to add OvaLune to your home screen or desktop.
4. Launch it from its icon like any native app.

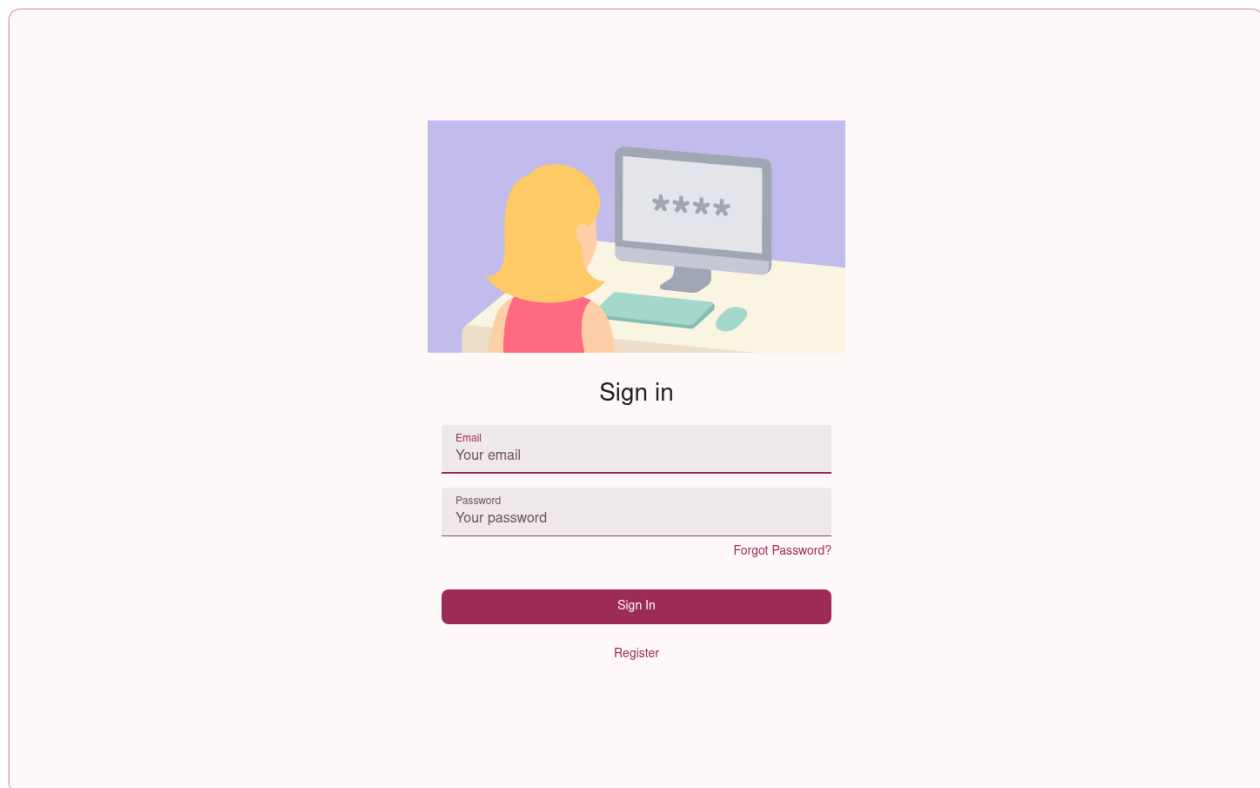
1.2 Creating an Account

Your data is encrypted (AES-256-GCM) and stored on the server only in encrypted form. See [6.1 Encryption](#) for details on how the encryption key is protected by your password.

1. Open the app and tap **Register**.
2. Enter your email address and a strong password.
3. The app sends a verification link to your email. Click it to activate your account.
4. **Important:** Right after verifying, the app shows your **Recovery Words** — this happens exactly once. They are **not** sent by email or stored anywhere retrievable afterward. Copy or download

them immediately and store them somewhere secure, such as a password manager. They are the only way to regain access to your account if you forget your password.

1.3 Logging In



The sign-in screen

1. Enter your email and password on the login screen.
2. If Two-Factor Authentication (2FA) is enabled, enter the 6-digit code from your authenticator app.
3. To log in with a recovery code instead, tap **Use a recovery code**.

1.4 Forgot Your Password?

1. Tap **Forgot Password?** on the login screen.
2. Enter your email address. A reset link will be sent to you.
3. Open the link, then enter your **Recovery Words** and choose a new password.

2. Main Interface

The app has four main sections accessible from the navigation menu:

Section	Description
Calendar	Monthly overview + daily data entry form
Chart	Detailed per-cycle FAM chart
My Cycles	Cycle statistics and charts
Settings	Customization and account options

2.1 The Calendar

The calendar gives a monthly overview of your cycle. Scroll vertically to move between months. Tap any day to select it and see or edit that day's data in the Details View below (or beside, on wider screens).

Visual indicators on calendar days:

Symbol	Meaning
Solid red circle	Bleeding recorded
Red circle + double line	Start of a new cycle
Red circle + solid line	Cycle counter reset to 1
Dotted red circle	Predicted period day
Lavender border	Day within the fertile window
Heart icon	Ejaculation inside vagina logged that day (if intimacy is enabled)
Moon icon	Moon phase (if enabled)
Soft pink background	Day has saved data

2.2 The Details View (Daily Entry Form)

The calendar and the daily details view side by side, showing a fertile-window day with mucus, cervix, LH test, and other observations logged

This is where you log everything for the selected day. The form is split into collapsible sections.

- Tap a **section header** to expand or collapse it.
- After making any change, a **Save button** (floppy disk icon) appears at the bottom right. Tap it to save.
- Navigating away without saving will prompt a confirmation dialog.

On narrow screens the calendar and form are stacked vertically, separated by a draggable divider bar. On screens wider than 680 px the side menu becomes visible. On screens wider than 950 px the calendar and form sit side by side.

3. Daily Data Entry — Form Fields

The form is organized in sections. You can reorder sections and hide ones you don't use via **Settings** → **Order & Visibility**. The sections below are listed in their default order.

3.1 Period

Tracks menstrual bleeding, cycle boundaries, and cramps.

Bleeding intensity

Choose the one that best describes today's flow:

Option	Meaning
No bleeding	No blood observed
Light bleeding	Spotty or very light flow
Moderate bleeding	Normal period flow
Heavy bleeding	Heavier than usual flow
Heavy bleeding with clots	Heavy flow with visible clots

Cycle

Mark the relationship of today to your cycle:

Option	Meaning
No new cycle	Normal day within the current cycle
Start of new cycle	First day of menstruation; starts a new cycle
Reset cycle counter to 1	Use after a pregnancy, gap, or deliberate reset — starts a new group and resets the cycle number to 1

Cramps

Record menstrual cramp intensity:

Option	Meaning
No cramps	No cramping
Mild cramps	Minor discomfort, not interfering with activities
Moderate cramps	Noticeable pain requiring some management
Severe cramps	Strong pain significantly affecting daily activities

3.2 Vaginal Discharge

Tracks cervical mucus (vaginal fluid), which is the key observation in most FAM methods.

Observation (discharge level)

Select from your configured discharge levels (1–6, labels customizable in Settings). The default four levels follow the *Taking Charge of Your Fertility* progression:

Level	Default label	Typical appearance
Level 1	Dry	No visible fluid; dry sensation
Level 2	Sticky	Sticky, tacky or pasty; not stretchy
Level 3	Creamy	Creamy, lotion-like, milky; not stretchy
Level 4	Egg white	Stretchy, clear, slippery, raw egg-white fluid (most fertile)

Levels 5–6 can be enabled, and any label customized, in **Settings** → **Vaginal Discharge Labels**.

Color

Describes the color of the observed fluid:

Option	Meaning
Not verified	No color observed (or no fluid)
Clear	Transparent, like water or egg white
Cloudy	White or off-white; opaque
Yellow	Yellowish tint
Brown	Brown or old blood color

Switches

Field	Meaning
Observation unclear	Toggle on if the observation was inconclusive (e.g., after intercourse, illness, or product use) — shown as ? in the chart
Spotting	Toggle on for light bleeding outside the main period that was mixed with or followed by mucus
Point of change	Toggle on to mark the day mucus quality shifted (used in Billings/Creighton for identifying the beginning of the fertile phase)

Peak day interpretation

Used to annotate the fertile phase endpoint for Billings-style methods:

Option	Meaning
No interpretation	No peak annotation
Peak day + count 3 days	Marks this as the peak day and automatically counts P, 1, 2, 3 for the next 3 days in the chart
Peak day and count from here	Marks this as the start of peak counting; counts continue indefinitely until the cycle ends

3.3 Temperature (Primary)

Tracks Basal Body Temperature (BBT). Always take your temperature at the same time each morning **before getting out of bed**, after at least 3 consecutive hours of sleep.

Temperature

Enter the value in your configured unit (°C or °F). Valid range: 35–40 °C / 95–104 °F. If left empty the day will show a gap in the temperature graph.

Time taken

Record the exact time you took your temperature (HH:MM format). Consistency here helps identify temperature readings affected by taking it at an unusual time.

Disturbance reason(s)

Select any factors that may make today's reading unreliable — any combination can apply on the same day:

Option	Meaning
Illness / fever	You are sick or running a fever
Alcohol	Alcohol the previous evening
Poor or disturbed sleep	Broken or insufficient sleep
Unusual bedtime	Went to bed significantly earlier or later than usual
Travel / time zone change	Travel, especially across time zones
Stress or strong emotions	Unusual stress, excitement, or emotional strain
Changed measurement time	Took your temperature at a different time than usual
Changed measurement method or location	Switched thermometer, or the location you measure at (oral/vaginal/rectal)

A reading is treated as disturbed automatically as soon as at least one reason is selected — there's no separate toggle. On the chart, disturbed readings are shown with a dotted line and excluded from the

temperature-shift evaluation.

Annotation

Optionally annotate the data point in the chart:

Option	Meaning
No annotation	No marker
Annotate with circle	Draws a circle around the temperature dot
Annotate with triangle	Draws a triangle above the temperature dot

Temperature rise

Mark whether a thermal shift is happening. This is used to identify the post-ovulatory phase:

Option	Meaning
Not verified	Normal pre-shift day (default, no rise marked)
Rise today	Today's temperature appears to be rising — provisional
Rise confirmed	The rise is confirmed (typically after 3 high temperatures above the coverline)

Coverline 1 & Coverline 2

Two optional horizontal reference lines drawn across the temperature graph. Enter the temperature value you wish to use as a reference line (e.g., the highest of the last 6 low temperatures in the Sensiplan method). You can update or remove these at any time.

3.4 Temperature (Secondary)

An optional second temperature measurement. Useful if you track both oral and vaginal temperatures, or if you use two different FAM analyses simultaneously. Has the same fields as the primary temperature section.

3.5 Fertile Window

Manually mark the boundaries of your fertile window on the calendar:

Option	Meaning
Not verified	Today does not change the fertile window status (default)
Open from now	The fertile window begins today — displayed as a lavender border on the calendar
Closed after today	The fertile window ends today — lavender borders stop after this date

You can only have one fertile window open per cycle — the app blocks opening a second one before the first is closed.

3.6 Libido

Track sexual desire:

Option	Meaning
Unknown	Not recorded
Low libido	Lower than usual
Neutral libido	Average
High libido	Higher than usual

3.7 Mood

Multi-select — you can choose multiple moods for the same day:

Option	Meaning
Neutral	No particular mood
Irritable	Short-tempered or easily frustrated
Anxious	Worried or on edge
Low	Sad, down, or flat
Energized	Upbeat, positive, full of energy

3.8 Energy

Overall physical energy level for the day:

Option	Meaning
Unknown	Not recorded
Low	Tired, fatigued
Medium	Normal energy
High	Notably energetic

3.9 Notes (1, 2, and 3)

Three independent free-text fields, each up to 25 characters. Use them for anything not covered by the structured fields — medication notes, travel, symptoms, observations, or reminders. Each has its own section (and icon) in the daily entry form.

3.10 Cervix

Record cervical position observations (requires internal examination):

Openness

Option	Meaning
Not verified	Not examined
Open	Os feels distinctly open
Partially open	Os partially open
Closed	Os feels closed and firm

Firmness

Option	Meaning
Not verified	Not examined
Firm	Like the tip of a nose
Medium	Between firm and soft
Soft	Like lips; soft and squishy

Height (position)

Option	Meaning
Not verified	Not examined
Low	Cervix sits low, easy to reach
Medium	Moderate position
High	Cervix sits high, difficult to reach

Fertile pattern: High, soft, open → approaching or at ovulation. Low, firm, closed → infertile phase.

3.11 Ovulation Pain (Mittelschmerz)

Record pelvic pain that may indicate ovulation:

Option	Meaning
Not verified	No pain or side unknown
Left side	Pain on the left (left ovary active)
Right side	Pain on the right (right ovary active)
General pelvic ache	Diffuse, not side-specific

3.12 Breast Sensitivity

Breast changes can correlate with hormonal phases:

Option	Meaning
Not verified	No observation
Normal	No unusual sensation
Tender	Slightly sensitive to touch
Heavy	Feeling of fullness or weight
Painful	Noticeably sore or painful

3.13 Secondary Signs

A set of independent toggles for other physical signs that can correlate with hormonal changes across the cycle. Any combination can be active on the same day. Enabled by default for the Symptothermal method; can be enabled for any method via **Settings → Order & Visibility**.

Field	Meaning
Bloating	Abdominal bloating
Water retention	Fluid retention (e.g., puffiness, ring/shoe tightness)
Vulva swelling	Noticeable vulvar swelling
Heightened senses	Increased sensitivity to smell, taste, or sound
Skin sensitivity	Increased skin sensitivity or reactivity
Swollen lymph node	Noticeable lymph node swelling (e.g., groin)

3.14 LH / Ovulation Test

Record the result of an LH urine test strip (ovulation predictor kit):

Option	Meaning
Not done	No test performed
Negative	Test line fainter than control line
Positive	Test line as dark as or darker than control — LH surge detected

Start counting days: Toggle on on the day of a positive result. The chart will then show a day count from that date forward, helping you track days post-LH surge.

3.15 Pregnancy Test

Record the result of a home pregnancy test:

Option	Meaning
Not done	No test performed
Negative	No pregnancy detected
Positive	Pregnancy detected

Start counting pregnancy length: Toggle on on the day of a positive result. The chart will show a running count of weeks and days since that date, e.g. "2w", "1", "2", "3", "4", "5", "6", "3w", etc.

Effect on predictions: Once you log a positive result, OvaLune stops predicting future period days on the calendar and stops warning you about a "missed" period (see [5.4 Application Settings](#)) — a missing period is expected in this state, not something to flag as forgotten. Predictions resume automatically the moment you log a new period; there's nothing to undo manually.

3.16 Progesterone Test

Record the result of a home progesterone urine test:

Option	Meaning
Not done	No test performed
Negative	Low progesterone indicated
Positive	Elevated progesterone indicated

3.17 Fertility Monitor

For Clearblue-style fertility monitors that display fertility level:

Option	Meaning
Not verified	No reading taken
Low	Low fertility (baseline)
High	Rising estrogen / approaching peak
Peak	LH surge detected (2 peak days)

3.18 Sensation

The external vulvar sensation throughout the day — a key observation in mucus-only methods:

Option	Meaning
Not verified	Not observed
Dry	No sensation of moisture at all
Sticky	A slight sense of dampness
Wet	Clearly wet
Lubricative	Lubrication feeling, like oil or raw egg white

The sensation is observed independently of the visible mucus. "Lubricative" is the hallmark of peak-type mucus.

3.19 Intimacy

Log sexual activity and contraceptive use. This section can be hidden from the calendar via **Settings** → **Application Settings** → **Enable intimacy on calendar**.

Field	Type	Meaning
Time	Time	Approximate time of intimacy
Ejaculation	Single select	No ejaculation / Ejaculation outside vagina / Ejaculation inside vagina
Male condom	Toggle	Male condom used
Female condom	Toggle	Female condom used
Diaphragm	Toggle	Diaphragm used
Cervical cap	Toggle	Cervical cap used
Contraceptive sponge	Toggle	Sponge used
Spermicide	Toggle	Spermicide used
Lube used	Toggle	Lubricant used
Self-stimulation	Toggle	Solo activity
Orgasm	Toggle	Female orgasm occurred

A heart icon appears on the calendar day when internal ejaculation is logged.

3.20 Stamp Set B (Billings)

A quick, single-select way to record the day's observation using the traditional **Billings Ovulation Method** colour-stamp notation, as an alternative to the free-form [Vaginal Discharge](#) labels. Pick the one stamp that matches the day:

Option	Meaning
Menstruation	Bleeding day
Dry	Dry (no mucus sensation)
Dry (post-peak)	Dry day after the peak
Mucus (non-peak)	Mucus present, not of peak/fertile quality
Fertile mucus	Peak-type, fertile-quality mucus
Unchanging discharge	Same non-fertile discharge day to day (Basic Infertile Pattern)
Sticky (post-peak)	Sticky discharge after the peak

Only enable this section if you chart with the Billings method — see [7.2 Billings Ovulation Method](#).

3.21 Stamp Set C (Creighton)

The equivalent single-select stamp set for the **Creighton Model FertilityCare System**. Pick the one stamp that matches the day:

Option	Meaning
Bleeding	Bleeding day
Dry day	No mucus observed
Change day	The day the mucus pattern changes
Mucus (fertile)	Fertile-quality mucus present
Unchanging pattern	Same discharge day to day
Continuous mucus (fertile)	Continuous fertile-quality mucus

Only enable this section if you chart with the Creighton method — see [7.3 Creighton Model FertilityCare System](#).

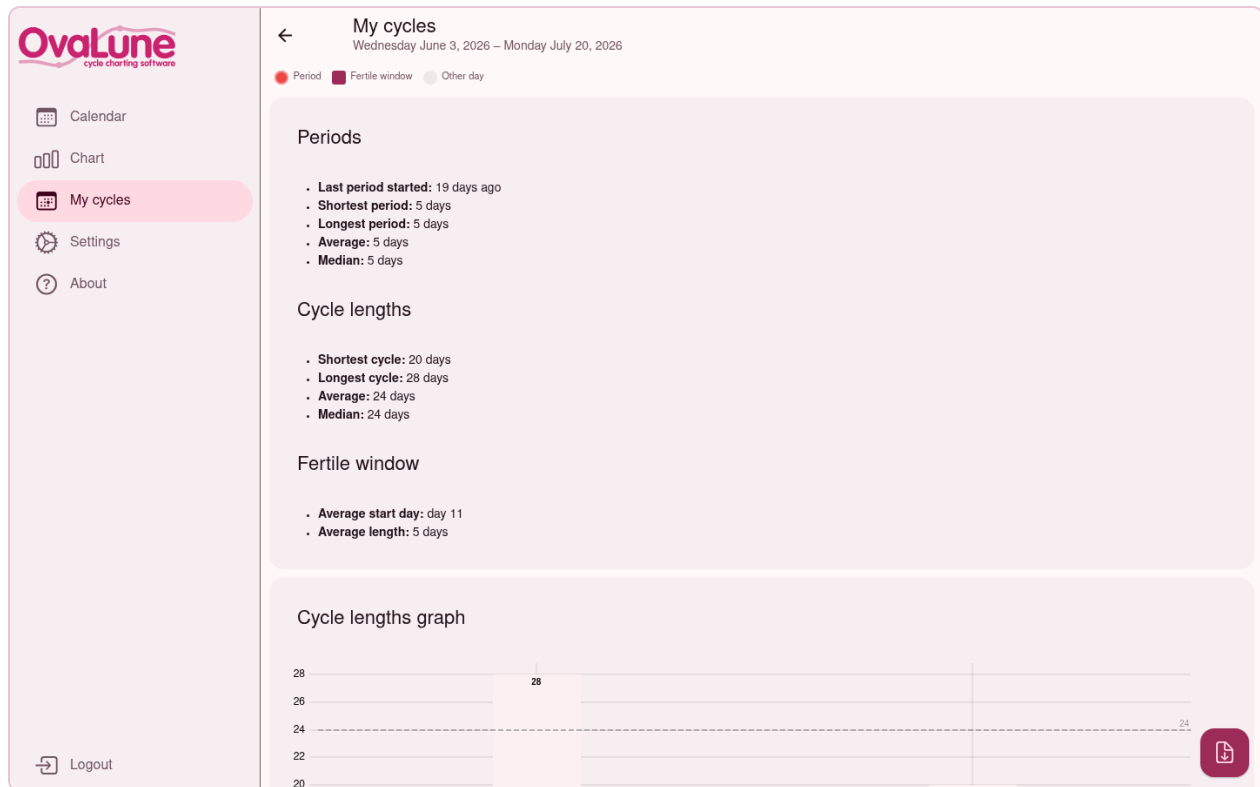
3.22 Breastfeeding

Records your breastfeeding status, which is useful context when cycles are irregular or absent during the post-partum period.

Field	Type	Meaning
Status	Single select	Not breastfeeding / Exclusive breastfeeding / Partial breastfeeding / Occasional / weaning
Night feed	Toggle	A night-time feed took place (relevant to the return of fertility, which is influenced by night feeding)

4. Analyzing Your Data

4.1 My Cycles Page



The My Cycles page showing period and cycle-length statistics and a bar chart

Provides statistical analysis of your recorded cycles. Cycles are grouped by reset events (see section 3.1 — “Reset cycle counter to 1”). This allows you to analyze separate periods of your life (e.g., post-partum, after stopping hormonal contraception) independently.

Navigation

The title bar shows the date range of the currently selected group as a subtitle. If you have more than one group, tap the ... button (top right) to open a list of all groups and switch between them.

Statistics

For each group, the following statistics are shown:

- **Period length:** shortest, longest, average, median
- **Cycle length:** shortest, longest, average, median
- **Average start day** of the fertile window
- **Average length** of the fertile window

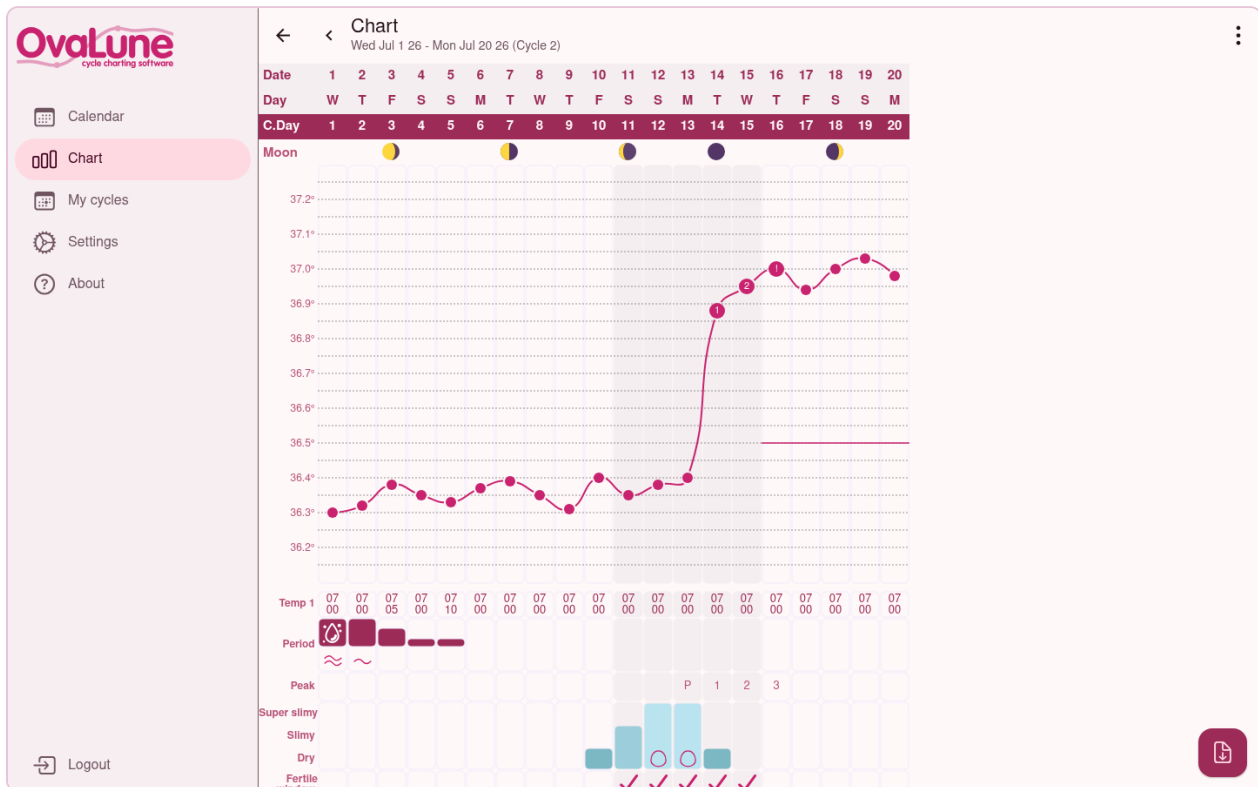
Below the statistics, a **bar chart** visualizes cycle lengths across all cycles in the group. The median is drawn as a dashed horizontal line. Individual cycle lengths are shown inside their bars. The chart resizes automatically when the screen is resized.

Each cycle is also shown as a row of colored circles: - Red circles = period days - Cyan circles = fertile window days - Gray circles = regular cycle days

Export statistics

Tap the floating export icon (bottom right) to **Save as Word document** — exports the group's statistics as a downloadable/shareable .docx file.

4.2 Chart Page



A Symptothermal Method chart showing the temperature line, coverline, discharge bars, and peak-day counting

Displays a complete FAM-style chart for one cycle at a time — the same format used in paper-based FAM charting.

Navigation

- Use the < and > buttons to move between cycles.
- Tap the ... button to jump directly to a specific cycle from a list.

Chart contents

The visible rows depend on your **Settings** → **Order & Visibility** → **Chart** configuration. Default active rows include:

- **Date row:** Full date for each day.
- **Day number:** Calendar day of the month.

- **Cycle day:** Day number within the current cycle.
- **Moon phase** (if enabled): Moon phase icon.
- **Temperature:** A connected line graph. Disturbed readings are shown with a dotted line. Coverlines appear as horizontal reference lines. Temperature rise annotations (circle/triangle) are shown on the dot.
- **Time taken:** Time the temperature was measured.
- **Disturbance reason(s):** One icon per selected reason, stacked below the time.
- **Period:** A colored bar — taller for heavier flow; clot icon if applicable.
- **Cramps:** Text label (Mild / Moderate / Severe).
- **Vaginal discharge:** A filled bar chart by level; ? if obscured; spotting icon at the base.
- **Mucus color:** Short label (Clear / Cloudy / Yellow / Brown).
- **Peak day:** Shows P, 1, 2, 3 counting from the marked peak day.
- **LH test / Pregnancy test / Progesterone test:** Positive/negative icons; day counters when enabled.
- **Fertility monitor:** Low/High/Peak icons.
- **Cervix:** Stacked icons for openness, firmness, and height.
- **Sensation:** Icon for the day's vulvar sensation.
- **Ovulation pain:** Icon indicating side or general pain.
- **Breast sensitivity:** Icon for the level of breast tenderness.
- **Fertile window:** A highlighted background stripe spanning the marked fertile days.
- **Libido:** Icon for libido level.
- **Mood:** Stacked text labels for each selected mood.
- **Energy:** Text label for energy level.
- **Intimacy:** Time + icons for barrier methods, ejaculation details, etc.
- **Notes 1, 2, 3:** Free-text notes.

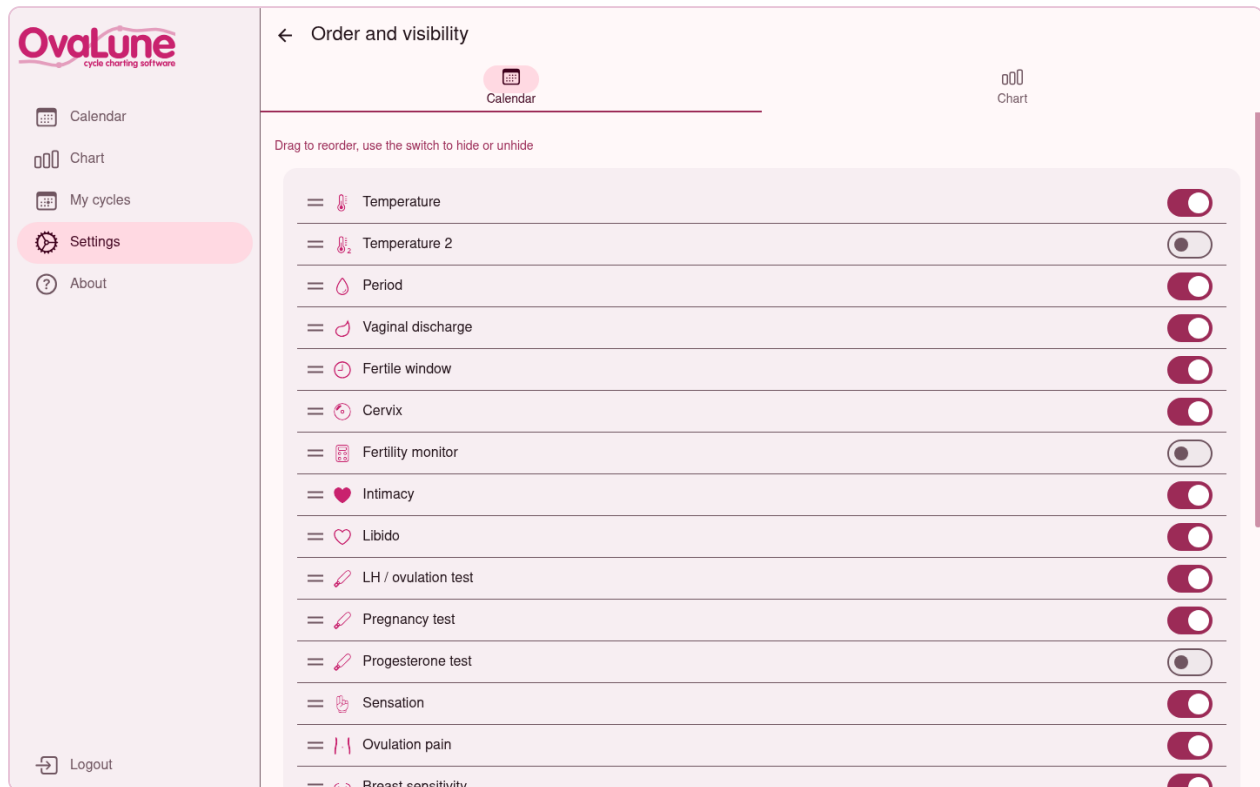
Export

Tap the floating **export icon** (bottom right) to open the export menu:

- **Save as Image:** Exports the entire chart as a PNG file (can be saved or shared).
 - **Save as PDF:** Exports the chart as a multi-page PDF (useful for printing or sharing with a practitioner).
-

5. Settings

5.1 Order & Visibility



The Order and Visibility settings page, showing draggable, toggleable calendar sections

Two tabs — one for the **Calendar** form and one for the **Chart**:

- **Reorder:** Drag and drop items using the handle on the right.
- **Show/hide:** Use the toggle switch to enable or disable each row.

Hiding a section removes it from the form or chart but does **not** delete any saved data for that section.

5.2 Vaginal Discharge Labels

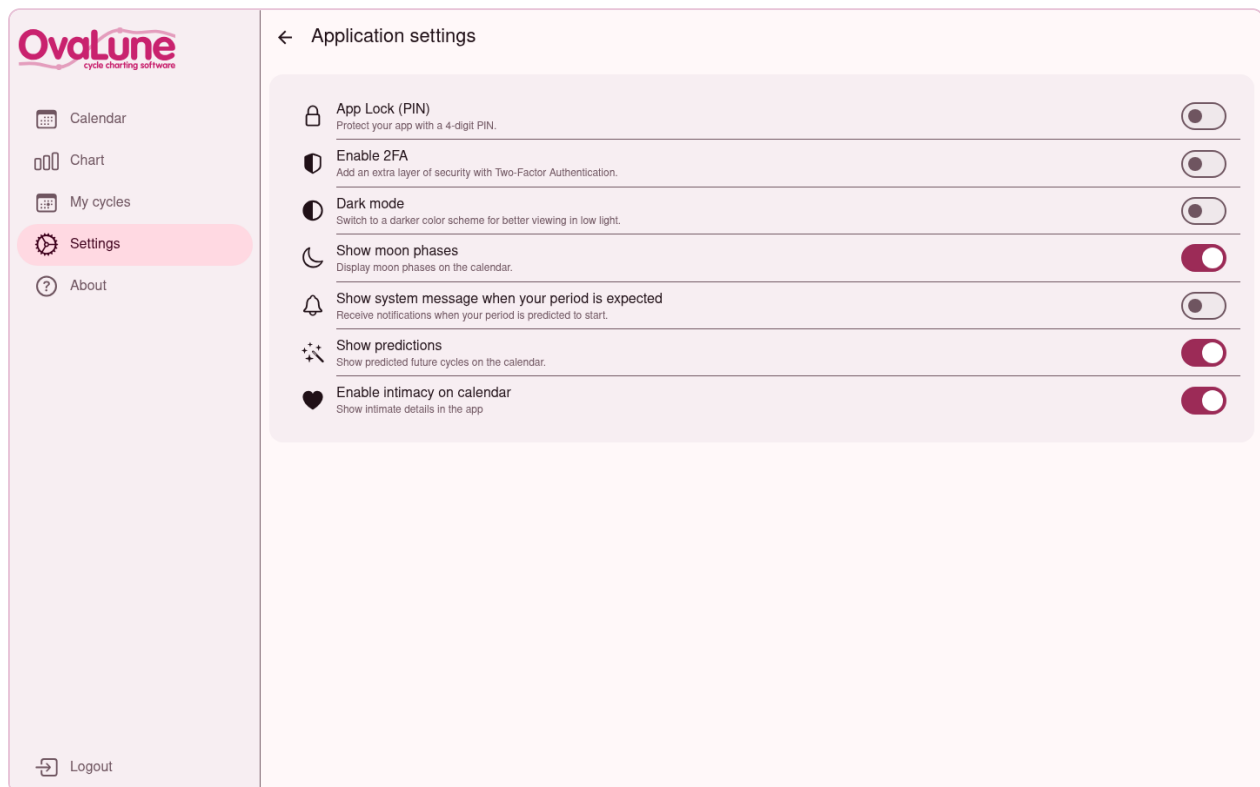
Customize the names of your discharge levels and enable up to 6 levels total. The first 3 levels are always active. Levels 4, 5, and 6 can be individually enabled and given a custom label. The chart and form automatically adjust to show the correct number of levels.

This is particularly useful for Creighton Model users who use a standardized 10-point scale, or for any user who needs more granular observation categories.

5.3 International Settings

Setting	Options
Language	English, Nederlands, Français, Deutsch
Week starts on Monday	Toggle on for Monday-first calendars
Temperature unit	Celsius (°C) or Fahrenheit (°F)
Date format	DD/MM/YYYY or MM/DD/YYYY

5.4 Application Settings



The Application Settings page with PIN lock, 2FA, dark mode, and other toggles

Setting	Description
App Lock (PIN)	Protect the app with a 4-digit PIN. You're asked for it again whenever the app returns to the foreground after being in the background.
Enable 2FA	Add Two-Factor Authentication. You will scan a QR code with an authenticator app (e.g., Google Authenticator, Aegis). Save the recovery codes it provides.
Dark mode	Switch to a dark color scheme for low-light use.
Show moon phases	Show moon phase icons on calendar days.
Show predictions	Show dotted circles on future calendar days that are predicted period days, based on your average cycle length.
Period notification	Send a system notification the day before your period is predicted to start. Requires notification permission and Periodic Background Sync support (Chrome/Edge on Android; not available on iOS or desktop Safari).
Enable intimacy on calendar	Show or hide the Intimacy section throughout the app, including the heart icon on the calendar.

Overdue period reminder: If your first predicted period (based on Show predictions above) is more than a week overdue and hasn't been logged, OvaLune shows a reminder when you open the app — most often this just means a period was forgotten. This reminder (and predictions in general) are automatically suppressed after a positive [Pregnancy Test](#) result, since a missing period is then expected rather than an oversight.

6. Security & Privacy

6.1 Encryption

Your entries are encrypted using AES-256-GCM with a per-account Data Encryption Key (DEK), so they are stored on the server only in encrypted form — never as plaintext. The DEK itself is “wrapped” (encrypted) by a Key Encryption Key (KEK) derived from your password, and unwrapped again each time you log in. Your password (needed to check it against your account and to derive that KEK) is submitted to the server as part of login, so this is not a formal zero-knowledge system — but your stored data is never held or transmitted unencrypted, and nobody can decrypt it without your password or Recovery Words.

6.2 Offline-First Sync

The app saves data locally first. You can use OvaLune with no internet connection. When you reconnect, the app automatically syncs your encrypted data to the server. If you use multiple devices, they will sync to the same state (most recent save wins for each day).

6.3 Recovery Words

Your Recovery Words are generated when you create your account and are shown only once, in the app, immediately after you verify your email. They are never emailed and cannot be retrieved again afterward. They are the sole mechanism for password reset. **Store them securely.** If you lose both your password and your Recovery Words, your encrypted data is permanently inaccessible.

6.4 Two-Factor Authentication

When enabled, you need both your password and a time-based code from your authenticator app to log in. Setup and management is available under **Settings** → **Application Settings**.

6.5 Data Export & Deletion

- **Download my data:** Available in the **About** screen. Exports all your data as a readable plaintext backup file.
- **Backup reminder:** If it's been a long time since you last exported, OvaLune occasionally reminds you to download a fresh backup when you open the app. Keeping a personal copy from time to time protects you against local device loss, and against the small chance this app or its server ever becomes unavailable.
- **Permanently delete my account:** Available in the **About** screen. Immediately and irreversibly deletes your account and all data from the server. Local data is also wiped.

7. Using OvaLune with FAM Methods

Fertility Awareness Methods (FAMs) use natural biomarkers — primarily temperature, cervical mucus, and other signs — to identify the fertile and infertile phases of the menstrual cycle. Below is a guide to configuring and using OvaLune with the most common methods.

All FAM methods require proper instruction from a certified practitioner, especially for family planning purposes. This guide covers app usage only.

7.1 Symptothermal Method (STM / Sensiplan / TCOYF)

The Symptothermal Method combines BBT with cervical mucus and optionally cervix observation. It is one of the most researched FAMs, with efficacy comparable to the contraceptive pill when taught correctly.

Fields to enable

Priority	Section	Key fields
Required	Temperature	Temperature, Time taken, Disturbance reason(s), Coverline 1, Coverline 2, Rise today / Rise confirmed
Required	Vaginal discharge	Observation level, Point of change, Observation unclear
Required	Period	Bleeding intensity, Cycle start
Recommended	Vaginal discharge	Color, Spotting
Recommended	Sensation	Dry / Sticky / Wet / Lubricative
Optional	Cervix	Openness, Firmness, Height
Optional	Period	Cramps
Optional	Notes	Free text for extra observations

Daily routine

Morning (before rising): 1. Take your BBT at the same time every morning after ≥ 3 hours of uninterrupted sleep. 2. Record the temperature, time taken, and sleep duration. 3. If sleep was disturbed, travel occurred, or you were ill, select the relevant **Disturbance reason(s)**. These readings are excluded from thermal shift analysis.

Throughout the day: 4. Observe vaginal discharge when visiting the bathroom (before and after urination — note what is on tissue paper and at the vaginal opening). 5. In the evening, record the highest quality mucus observed during the day — use the observation level and note the sensation. 6. Mark **Point of change** if today's mucus quality is clearly different (higher quality) from the previous days. 7. If you examine your cervix, record openness, firmness, and height in the evening.

Identifying the fertile phase

- The **pre-ovulatory infertile phase** ends when mucus first appears.
- The **fertile phase** runs from first mucus until both the temperature rise is confirmed AND the peak day rule is satisfied.
- To identify the **coverline**: Look at the 6 temperatures before the first high temperature. The highest of those 6 is your coverline. Enter it as **Coverline 1**.
- Mark **Rise today** on the first day the temperature is above the coverline. After 3 consecutive days above the coverline, mark the third day as **Rise confirmed**.
- The **post-ovulatory infertile phase** begins on the evening of the third high temperature (above coverline) provided the mucus has also dried up after the peak.

Chart review

Enable these rows in **Settings** → **Chart order**: Temperature, Time taken, Vaginal discharge, Mucus color, Sensation, Point of change (via Notes), Cervix, Period, Cramps.

7.2 Billings Ovulation Method (BOM)

Billings is a mucus-only method. Temperature is not required. Observations focus entirely on the quality and quantity of vaginal sensation and discharge throughout the day.

Fields to enable

Priority	Section	Key fields
Required	Vaginal discharge	Observation level, Spotting, Point of change, Observation unclear
Required	Vaginal discharge	Peak day interpretation (Peak day + count 3 days)
Required	Sensation	Sensation (Dry / Sticky / Wet / Lubricative)
Required	Period	Bleeding intensity, Cycle start
Optional	Notes	Observations that don't fit elsewhere

Key concepts

- **Dry days** (infertile): Nothing observed, dry sensation throughout the day.
- **Build-up**: Mucus becomes progressively more slippery and clear as ovulation approaches.
- **Peak day**: The **last day** of the most fertile-type mucus (slippery, stretchy, clear) or the slippery sensation — identified in retrospect the following day, when mucus has already changed. Mark it with **Peak day + count 3 days**.
- **Post-peak count**: After Peak day, the next 3 days (P, 1, 2, 3) complete the fertile phase. The chart shows this count automatically.
- **Basic Infertile Pattern (BIP)**: Each woman's pre-ovulatory infertile pattern is unique — some have a BIP of dryness, others have a BIP of constant mucus. Your practitioner will help you identify yours.

Daily routine

1. Observe vulvar sensation and discharge at the vaginal opening throughout the day.
2. In the evening, record the highest quality observation.
3. Toggle **Point of change** on the first day you notice mucus appearing (beginning of fertile phase).

4. Toggle **Observation unclear** if intercourse, a vaginal product, or illness made the observation ambiguous.
5. The day after the best mucus ends, mark the previous day as the **Peak day**.

7.3 Creighton Model FertilityCare System

Creighton is a highly standardized version of mucus-only charting, often used alongside NaProTechnology for medical evaluation. It uses a specific 10-category discharge classification.

Configuration

Enable **6 discharge levels** in **Settings** → **Vaginal Discharge Labels**, and assign them labels matching your practitioner's instructions. Common Creighton categories mapped to levels:

Level	Creighton descriptor	Typical code
1	Dry (no discharge)	0
2	Damp (no obvious discharge)	2
3	Wet (no obvious discharge)	4
4	Shiny (no obvious discharge)	6
5	Sticky / Tacky	8
6	Creamy or stretchy (CK/TENA)	10

Adjust the labels in **Settings** → **Vaginal Discharge Labels** to match the Creighton terminology your instructor uses.

Fields to enable

Priority	Section	Key fields
Required	Vaginal discharge	Observation level (6 levels), Color, Spotting, Point of change, Observation unclear
Required	Vaginal discharge	Peak day interpretation
Required	Period	Bleeding intensity (for brown bleeding, use Color field)
Recommended	Sensation	Sensation

Key points

- Observe at **every voiding** (each trip to the bathroom) and record the **best quality** observation for the day.

- Brown bleeding is a separate category; use the **Color: Brown** field combined with low-level discharge.
- Spotting mid-cycle is a specific observation — use the **Spotting** toggle.
- Mark **Peak day** as in Billings: the last day of the most fertile-quality observation.
- Your Creighton chart can be shared with a NaPro-trained physician for hormonal and fertility evaluation.

7.4 Marquette Method

Marquette uses a Clearblue fertility monitor (which measures estrogen and LH) alongside BBT, making it one of the most technology-assisted natural methods.

Fields to enable

Priority	Section	Key fields
Required	Fertility monitor	Low / High / Peak result
Required	LH / Ovulation test	Result, Start counting days
Required	Temperature	Temperature, Time taken, Disturbance reason(s), Rise confirmed
Recommended	Vaginal discharge	Observation level, Color, Sensation
Optional	Cervix	All three subfields
Optional	Period	Bleeding intensity, Cycle start

Daily routine

1. **Morning:** Use the Clearblue monitor according to its instructions. Record the result (Low / High / Peak) in **Fertility Monitor**.
2. **Morning:** Take your BBT before rising and record it with time and sleep quality.
3. **Evening:** Record vaginal discharge observations.
4. On the day the monitor shows **Peak**, also toggle **LH start count** in the LH test section — the chart will begin counting days from that point.
5. The post-ovulatory infertile phase is identified when the monitor returns to Low AND the temperature rise is confirmed.

Monitor result guide

Monitor display	Meaning	Fertility status
Low	Baseline estrogen, no LH surge	Infertile (typically)
High	Rising estrogen	Potentially fertile — use additional rules
Peak	LH surge detected	Peak fertility — 2 Peak days shown

7.5 FEMM (Fertility Education and Medical Management)

FEMM is a health model that uses LH tests, progesterone tests, and optionally temperature and mucus to identify underlying hormonal patterns. It is used both for family planning and for reproductive health monitoring.

Fields to enable

Priority	Section	Key fields
Required	LH / Ovulation test	Result, Start counting days
Required	Progesterone test	Result
Recommended	Vaginal discharge	Observation level, Color, Sensation
Recommended	Temperature	Temperature, Time taken
Optional	Mood / Energy	Used to correlate hormonal phases with wellbeing
Optional	Breast sensitivity	Common progesterone-phase indicator

How to use

1. Begin LH testing from cycle day 9 or per your FEMM instructor's guidance.
2. Record each result: Negative → Negative → ... → Positive (LH surge).
3. Toggle **Start counting days** on the day of the positive LH test.
4. Perform a progesterone test about 7 days after the LH surge peak.
5. Record the progesterone result. A Positive indicates sufficient post-ovulatory progesterone.
6. Review the combined LH, progesterone, and mucus chart to identify your hormonal pattern.
7. Note how **Mood**, **Energy**, and **Breast sensitivity** track across your cycle phases — this reveals the hormonal picture your FEMM practitioner uses.

7.6 Standard Days Method / CycleBeads

A calendar-based method for women with cycles consistently between 26 and 32 days long. No biological observations are needed — just accurate period tracking.

Fields to enable

Priority	Section	Key fields
Required	Period	Bleeding intensity, Cycle start

How to use

1. Record every first day of your period using **Cycle start**.
2. Use **My Cycles** statistics to verify your cycle lengths consistently fall between 26–32 days.
3. Days 8–19 of each cycle are considered fertile (avoid or use protection on these days).
4. **Show predictions** (Settings → Application Settings) will show projected future period days.

This method has lower effectiveness than symptom-based methods and is only appropriate when cycles are very regular.

7.7 Two-Day Method

A simplified mucus-only method: fertile if you observed any mucus today *or* yesterday.

Fields to enable

Priority	Section	Key fields
Required	Vaginal discharge	Observation level
Required	Period	Bleeding intensity, Cycle start

How to use

1. Each evening, ask two questions: “Did I observe secretions today?” and “Did I observe secretions yesterday?”
2. If the answer to either is yes → fertile.
3. If both answers are no → infertile.
4. Record the observation level daily (Level 1 = no secretions).

7.8 Recommended Field Configuration by Method

Section	STM	Billings	Creighton	Marquette	FEMM	Standard Days
Period	✓	✓	✓	✓	✓	✓
Vaginal discharge	✓	✓	✓ (6 levels)	✓	✓	—
Stamp set B	—	optional	—	—	—	—
Stamp set C	—	—	optional	—	—	—
Temperature (primary)	✓	—	—	✓	optional	—
Temperature (secondary)	optional	—	—	—	—	—
Fertile window	✓	optional	optional	optional	optional	—
Sensation	✓	✓	✓	optional	optional	—
LH test	optional	—	—	✓	✓	—
Fertility monitor	—	—	—	✓	—	—
Progesterone test	—	—	—	—	✓	—
Pregnancy test	optional	optional	optional	optional	optional	optional
Cervix	optional	—	—	optional	—	—
Ovulation pain	optional	optional	optional	optional	optional	—
Breast sensitivity	optional	—	—	—	✓	—
Secondary signs	✓	—	—	—	—	—
Mood	optional	—	—	—	✓	—
Energy	optional	—	—	—	✓	—
Cramps	optional	optional	optional	—	—	—
Intimacy	optional	optional	optional	optional	optional	optional

Section	STM	Billings	Creighton	Marquette	FEMM	Standard Days
Breastfeeding	optional	optional	optional	optional	optional	optional
Notes	✓	✓	✓	✓	✓	—

8. Frequently Asked Questions

Q: Can I use OvaLune without creating an account? A: No — an account is required to open and use the app at all, since it's what protects and encrypts your data. Once logged in, your data is also cached locally and works offline (see below), but the account itself is mandatory.

Q: Does the app work offline? A: Yes. All data is saved locally first. The app is fully functional without internet. Sync happens automatically in the background when you are online.

Q: Can I use OvaLune on multiple devices? A: Yes. Log in on each device. Changes sync automatically. The most recent save for any given day is kept (last-write-wins).

Q: What happens if I lose my Recovery Words? A: If you also forget your password, your encrypted data is permanently inaccessible. We cannot recover it. Store your Recovery Words securely when you register.

Q: How accurate are the cycle predictions? A: Predictions are based on your average cycle length from recorded data. They are indicative only and become more accurate with more cycles. Do not rely on them for family planning decisions.

Q: Why did OvaLune tell me my period is overdue? A: When your first predicted period is more than a week late and hasn't been logged, OvaLune shows a reminder in case you simply forgot to record it. If you've taken a positive pregnancy test, log it under [Pregnancy Test](#) — this stops both predictions and the overdue reminder until you log a new period.

Q: Can OvaLune be used as contraception on its own? A: Only when used strictly according to a certified FAM method (STM, Billings, Creighton, or Marquette) after proper instruction from a trained practitioner. The app supports your charting — it does not replace method training or interpret your chart for you.

Q: I took my temperature at a different time today — is the reading valid? A: A temperature taken significantly later than usual will typically read higher; one taken earlier may read lower. Select **Changed measurement time** under Disturbance reason(s), and your practitioner/method rules will determine whether to use it. The STM Sensiplan rules have specific guidance for correcting time-displaced readings.

Q: What does "Reset cycle counter to 1" mean? A: Selecting this on the first day of a new period starts a completely new cycle group with the counter restarting at 1. Use it after a pregnancy, after stopping hormonal contraception, or whenever you want a clean statistical break. Statistics in My Cycles are calculated per group.

Q: Can I share my chart with my doctor or FAM practitioner? A: Yes. Use **Chart → Export → Save as PDF** to generate a printable chart. This is in the same table format used for paper-based FAM charting and is suitable for review by a practitioner.