











## Appendix: Legend and Symbols Explanation

Disturbance	 Stress	 Sleep < 5h	 Travel	 Party	 Other
Health	 Headache	 Migraine	 Reproductive illness	 General illness	 Other
Midcycle Pain	 Breasts	 Abdomen			
Bleeding	 Spotting	 Light	 Medium	 Heavy	
Mucus - feeling	 Dry	 None	 Moist	 Wet	
Mucus - appearance	 None	 Sticky	 Creamy	 Transparent	 Egg-white
Cervix - position	 Low	 Middle	 High		
Cervix - opening	 Closed	 Medium opened	 Fully opened		
Cervix - firmness	 Firm	 Soft			
Intercourse	 Abstinence	 Protected	 Withdrawal	 Sex	
Fertile Days	 Fertile				