

My 3-month cervical fluid pattern

Day of cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35			
Eggwhite																																						
Creamy																																						
Sticky																																						
Period *, dry (*), spotting -																																						
Peak day																																						
How it feels throughout the day																																						
Cervical fluid (consistency, look, feel) Sticky pasty, crumbly, cloudy, rubber-cement-like, dry or sticky feeling Creamy lotiony, smooth, milky-white or yellow, moist, wet or cold feeling Eggwhite stretchy, slippery, clear, cloudy or streaked, wet or humid feeling																																						

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