

# Optimise Your Chances of Conception with Fertility Awareness



**Track your fertile window, understand your body, and support your journey to pregnancy.**

# Welcome to the guide!

Hi! I'm Gemma, a certified Sensiplan instructor, and I'm so excited to share this guide with you! 🌸

Whether you're just starting your TTC journey or you're curious about fertility awareness, this guide is designed for you.

In this free guide, you'll learn:

- What fertility awareness is
- How to identify your fertile window
- When to time intercourse for conception
- When to start testing
- Common questions and troubleshooting tips!

Plus, you'll get actionable steps on how to track and observe your cycle using simple tools like a thermometer and cervical mucus tracking.

Ready to get started? Let's dive into how fertility awareness can help you optimise your chances of conception! 🌿

# What is Fertility Awareness?

Fertility awareness is the practice of tracking your body's biomarkers such as cervical mucus (CM), cervical changes, basal body temperature (BBT), and sometimes ovulation tests (OPKs or LH tests) to determine your real-time fertility status.

This knowledge can help you maximise your chances of conception by identifying the most fertile days for intercourse.

It also gives you invaluable insights into your cycle, like:

- Are you ovulating?
- Is your luteal phase healthy?
- Are you timing sex on the right days?

In this guide, you'll get the basics of fertility awareness to help you start optimising your cycle for conception. 🌱

# Cervical Mucus: Your Key to Fertility

## What is Cervical Mucus?

Cervical mucus (CM) is one of your body's key fertility signs. It changes in both appearance and sensation throughout your cycle in response to hormonal shifts. These changes help you to pinpoint when your fertile window opens and closes, which is essential if you're trying to conceive.

💡 Fun fact: CM also offers insights into your hormone health — not just ovulation timing!

## Why Does It Matter for Conception?

As ovulation approaches, CM becomes wetter and typically increases in both quality and quantity.

Sperm can survive for up to 5 days in high quality CM, so timing sex based on mucus can significantly increase the chances of conception.

👁️ High quality mucus such as stretchy, slippery, clear, or watery signals that ovulation is likely near.

❤️ This is the best time to have sex if you're trying to conceive.

# Understanding Cervical Mucus Types



## What Do the Changes Mean?

The onset of cervical mucus (CM) means your fertile window is open! As ovulation approaches, CM typically increases in quality and quantity, creating a more supportive environment for sperm. After ovulation, it usually changes abruptly to a lower quality again, this change helps you confirm ovulation has likely passed.

Here's the mucus types you might see:

♥ Dry or no noticeable mucus

↳ Typically indicates a lower fertility time, this often happens at the start or end of the cycle.

♥ Sticky or tacky

↳ Fertile. This can signal the start of your fertile window.

♥ Creamy or lotion-like

↳ Fertile. Indicates your body is getting closer to ovulation.

♥ Watery or eggwhite (clear, stretchy, slippery)

↳ Highest quality. These qualities create the most sperm-friendly environment.

💡 Pro tip: Sensation is just as important as appearance! A sudden gush, feeling wet, or slippery at the vulva?

These are also signs of high fertility, even if you don't see much mucus.

Next up: Let's talk about timing sex for conception. 📅❤️





# Timing Sex in Your Fertile Window




When you're trying to conceive, timing is everything — and fertility awareness helps you ditch the guesswork.

Your fertile window is the 6 days in your cycle when pregnancy is possible. This includes the day of ovulation and the five days before it. Why five? Because sperm can survive for up to 5 days in high-quality cervical mucus, just hanging out and waiting for that egg.

## **So... when should you have sex?**

To maximize your chances of conceiving, aim to have sex:

- ♥ On days you notice high-quality cervical mucus — clear, stretchy, slippery, or watery (your body's natural “I'm fertile!” signal)
- ♥ In the 1–3 days leading up to ovulation, when your chances are at their peak
- ♥ Throughout the fertile window — at least every 2–3 days, but feel free to go as often as you like! (More is totally fine if you're feeling it!)

 **Pro tip:** Don't wait for a positive ovulation test! By the time you get a positive, you may have already missed key fertile days. Tracking cervical mucus gives you a broader window to time things perfectly.



# OPKs & Pregnancy Tests

Let's talk about tests — the ones that help you spot ovulation and the ones you're probably dying to take in the two-week wait.

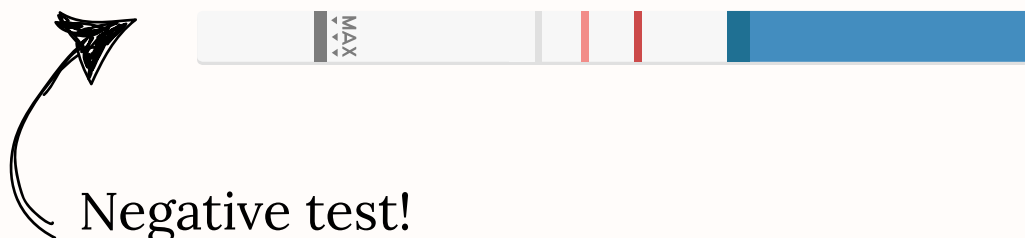
## Ovulation Tests (OPK or LH tests)

OPKs (Ovulation Predictor Kits) detect your LH surge, which typically happens 24–36 hours before ovulation. Cervical mucus and BBT are more accurate for tracking fertility, but some people choose to use OPKs alongside these signs.

♥ A positive test means your LH is peaking — ovulation may be near, but it's not a guarantee.

♥ If you're only relying on OPKs, you could be missing key fertile days earlier in your cycle.

♥ A test is only considered positive when the test line is as dark or darker than the control line — a second line doesn't count if it's not dark enough!



# OPKs & Pregnancy Tests

## When to Test for Pregnancy

Pregnancy tests detect hCG, a hormone that rises after implantation.

- ♥ Implantation usually happens 6–12 days after ovulation.
- ♥ Best time to test? 12–14 days past ovulation (DPO) or around your missed period.
- ♥ If you *really* can't wait, try to hold off until at least 10 DPO.
- ♥ Testing too early can give you a false negative — patience really is a virtue here.

💡 Unlike OPKs, a second line on a pregnancy test — no matter how faint — means positive. Yep, even the squinters!

We know the two-week wait can feel endless. But testing early usually brings more confusion than clarity.

Give your body time to do its thing ♥♥



# Noticing Weird Patterns or Feeling Stuck?



Charting isn't always smooth sailing from the start, and that's completely normal. Here are a few common things that might pop up (and what to do about them):

## ♥ “I’m not seeing any cervical mucus!”

This can be normal early on — especially if you’ve recently come off hormonal birth control. Remember to check each time you use the bathroom and give it a few cycles to spot patterns. And remember, it’s not just about what you see — pay attention to what you feel.

## ♥ “My temps are all over the place!”

BBT can be affected by things like broken sleep, alcohol, stress, illness or measuring routine. Check out my resources for more tips.

## ♥ “My cycles aren’t regular.”

Irregular cycles don’t mean you can’t chart! In fact, fertility awareness can be super helpful in spotting ovulation patterns in irregular cycles.

## ♥ “I can’t tell if I’ve ovulated.”

That’s where tracking both mucus and BBT can help. If you’re not seeing a clear temp shift yet, ovulation might still be coming — or may have been delayed.

✨Tip: You don’t need to figure it all out alone. I’m here to help!

👉 Follow me on Instagram [@TrackYourFertility](https://www.instagram.com/TrackYourFertility) or reach out for personalised support ♥♥

# Next Steps

You've made it through the guide — amazing work! 🎉

By now, you've got the basics of fertility awareness, and hopefully you're feeling more confident in reading your body's signs and knowing how to time things for conception.

- ♥ Cervical mucus is your daily peek into your fertile window
- ♥ BBT confirms ovulation after it's happened
- ♥ Timing sex matters — and now you know when the window is open
- ♥ Testing? Be patient, and know what to expect from OPKs and pregnancy tests

This is just the beginning of your fertility awareness journey 🌟  
The more you chart, the clearer your patterns will become — and if you want guidance or personalised support, I'm here for you.

## 📧 Your Next Steps

- 👉 Follow me on Instagram [@TrackYourFertility](https://www.instagram.com/TrackYourFertility) for tips, education, and relatable content
- 👉 Grab my full guide or book a 1:1 if you want more in-depth support
- 👉 Join my email list for exclusive advice, offers & cycle-savvy insights
- 🌱 Your body is wise — you're just learning how to listen.