

Decode Your Fertile Window

A visual guide to ovulation and timing intercourse



Learn when your body is most fertile and how to time it right, naturally.

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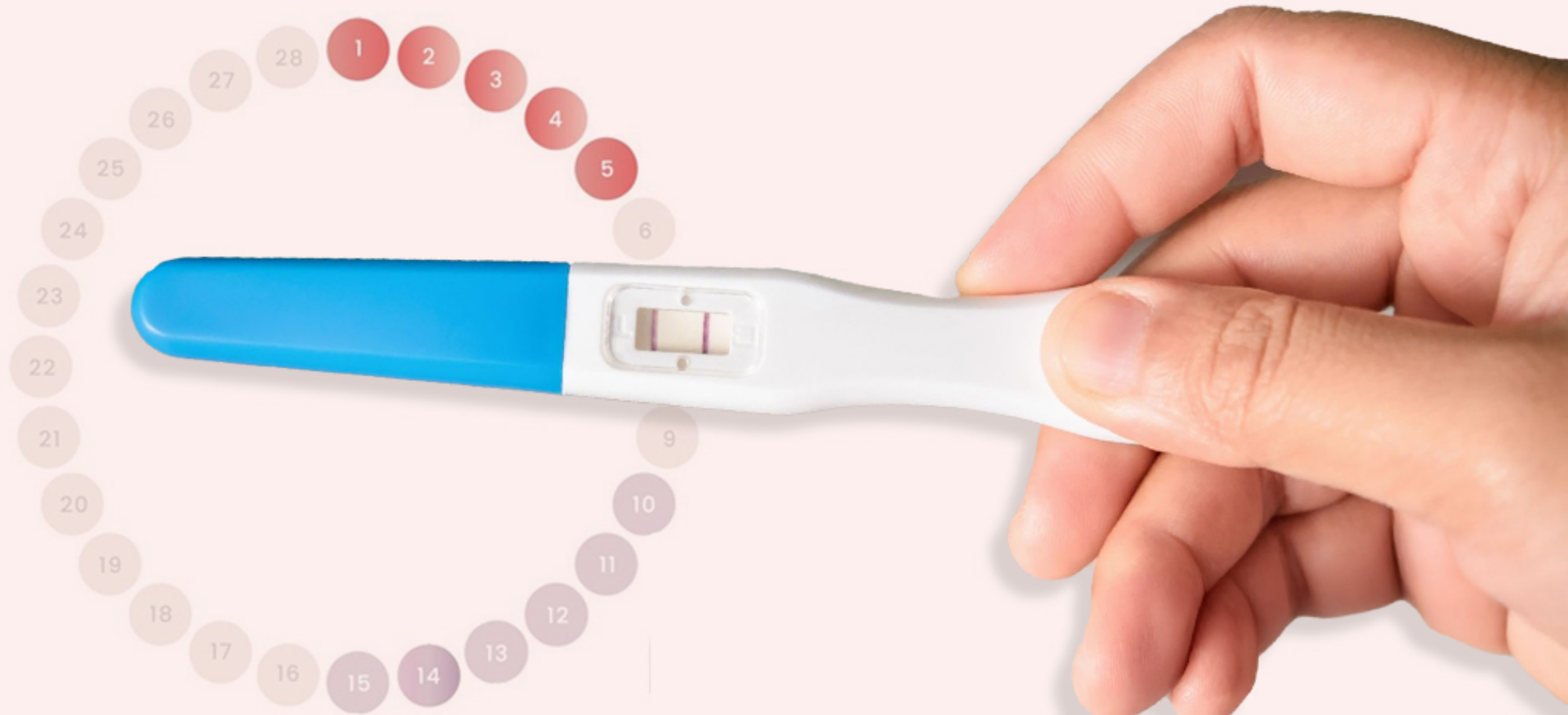
The Fertile Window

What Is It

The fertile window includes the 5 days before ovulation and the day of ovulation. This is when pregnancy is most likely to occur.

Why It Matters

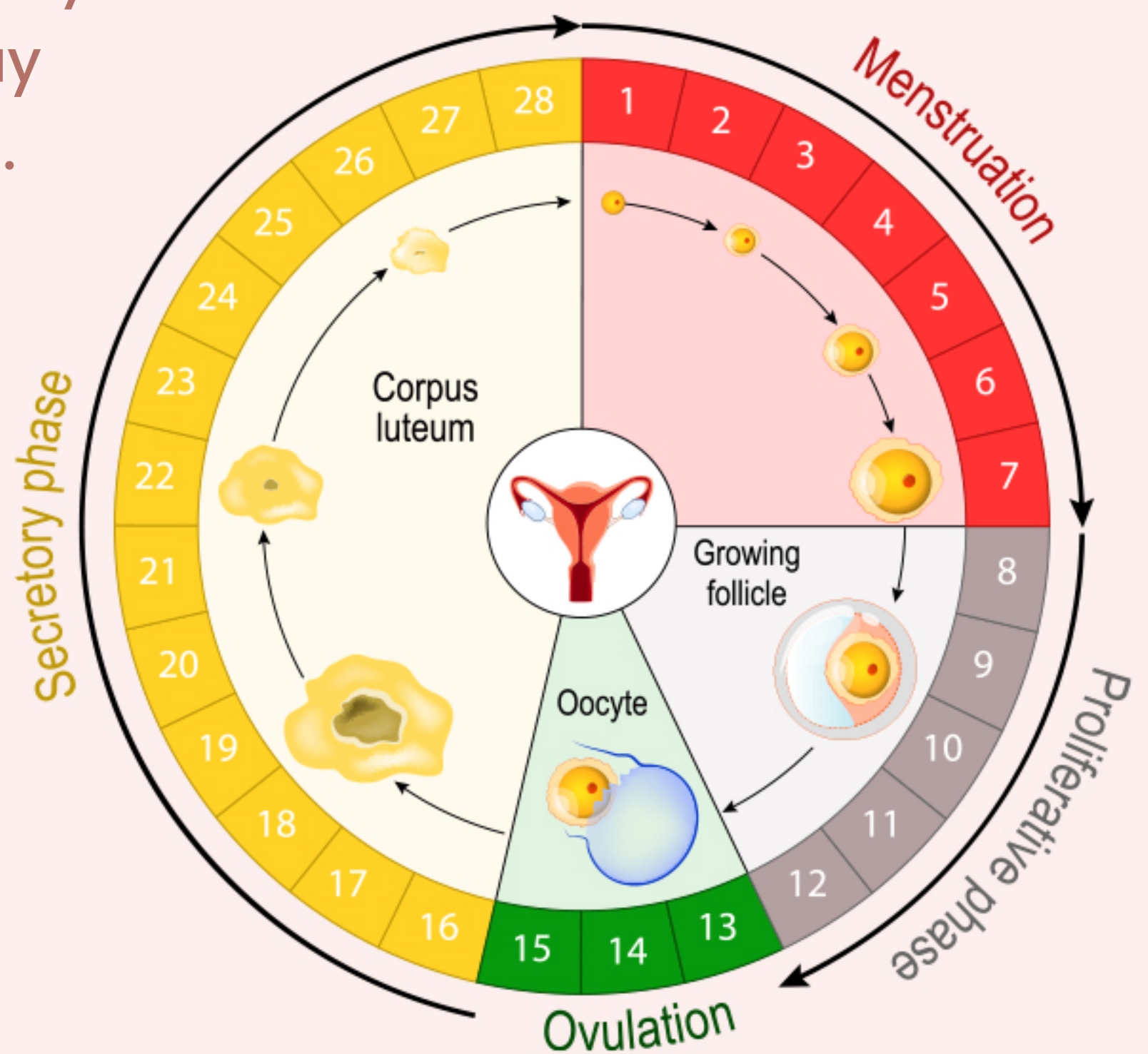
Pregnancy can happen only during a small window each cycle. Understanding this window helps you time intercourse more effectively and without any stress.



Understanding Your Menstrual Cycle

A cycle starts on Day 1 of your period and ends the day before your next period. Ovulation usually happens 12–14 days before your next period. Although in irregular cycles, it doesn't always occur on day 14.

The menstrual cycle is divided into two parts, considering a normal 28-day cycle. The follicular phase varies, and the luteal phase is 14 days. A normal menstrual cycle length is anywhere between 21 and 35 days.



Signs Your Body Is Ovulating

Your body gives natural clues when ovulation is near:

Clear, stretchy cervical mucus



Mild lower abdominal pain



Increased libido



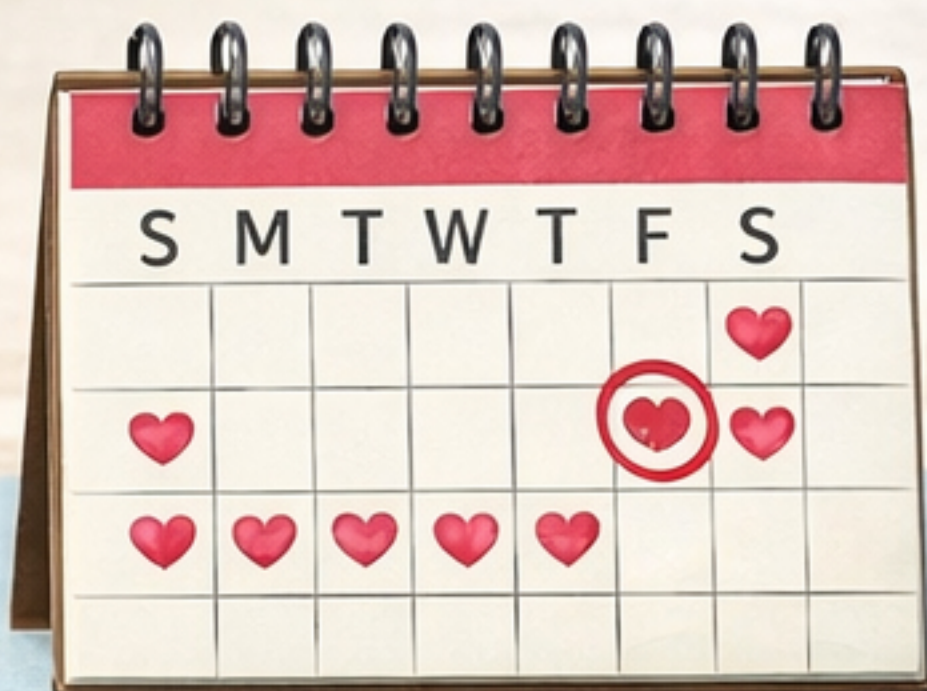
Breast tenderness



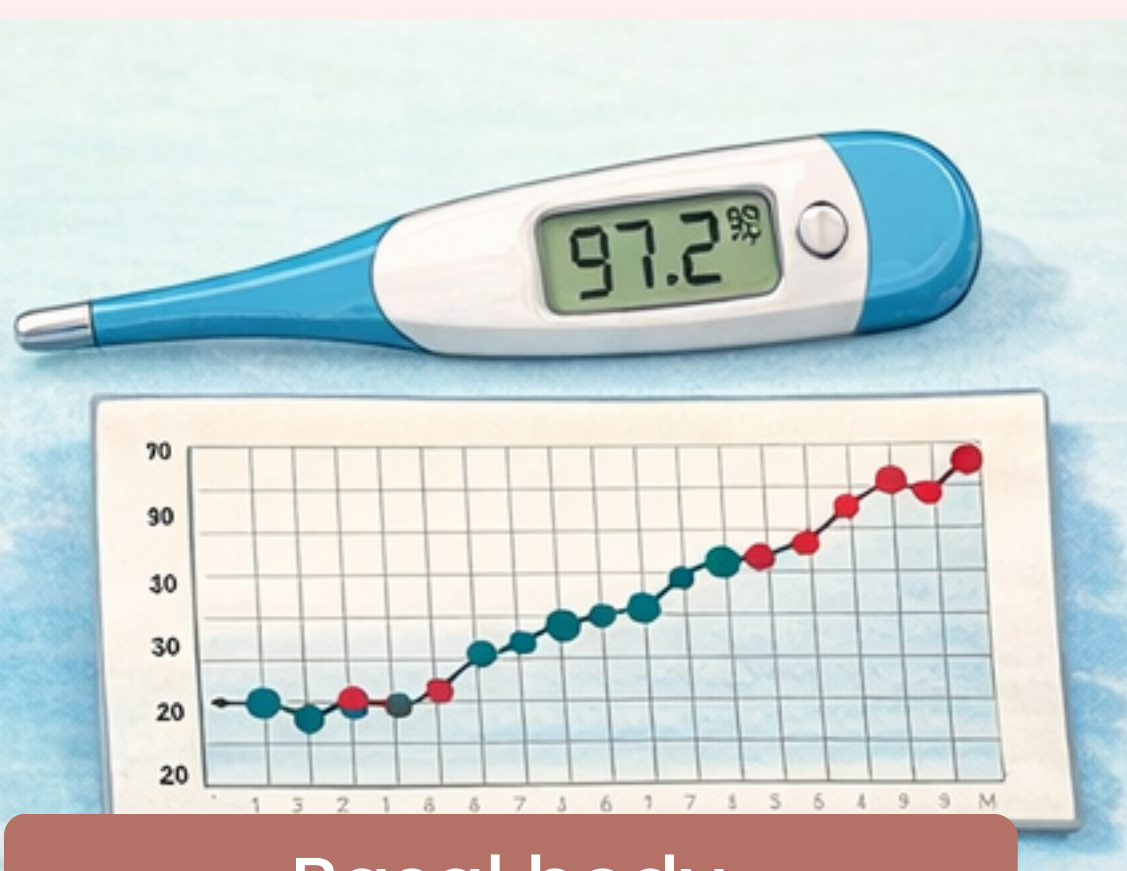
Tracking Ovulation: Easy Methods

You can track ovulation using:

Calendar method



Ovulation predictor kits (OPKs)



Basal body temperature



Cycle tracking apps

Tip: You should combine methods for better accuracy. 📌

Timing Intercourse for Best Results

Have intercourse every 1–2 days during the fertile window. The best days are 2 days before ovulation and the day of ovulation.



Common Ovulation Myths vs. Facts

Myths



Everyone ovulates on Day 14.



You can get pregnant any day of the cycle



Position or rest time guarantees pregnancy.

Facts



Ovulation timing varies. It usually happens 12–14 days before your next period, not on a fixed day.



Pregnancy is most likely only during the fertile window (5–6 days).



Timing, egg quality, and sperm health matter the most.

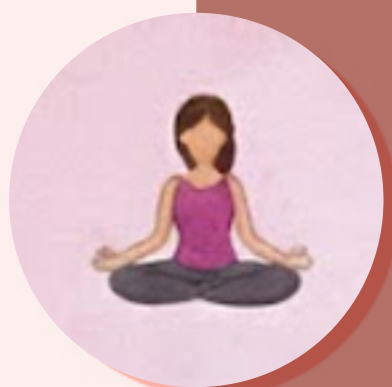
Fertile Window Tips That Help



Don't skip meals during fertile days.



Stay hydrated.



Reduce stress.



Avoid excessive caffeine or alcohol.



When to Seek Medical Advice



- ~ Irregular cycles.
- ~ No ovulation signs for 2–3 months.
- ~ Trying for 12 months (<35) or 6 months (≥ 35).

Understanding your fertile window helps you work with your body and not against it. Track gently, stay patient, and trust the process.



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