

CM Categories

Mucus Categories (Tissue Check)

Tissue Dry (Ø):

- No glide ever
- No cervical mucus present (nothing can be picked up between fingers)
- May show dampness or shine on toilet paper

Sticky Mucus (M):

- No glide ever
- Mucus can be lifted of toilet paper BUT
 - is always cloudy, opaque (O) or have a yellow tint
 - might look pasty (P)
 - might have a stretch to it but never 1" or more (chart amount of stretch: eg. 1/2", 1/4", ...)

Egg White Mucus (EW-M): (ONLY ONE NEEDS TO BE PRESENT FOR IT TO BE EW-M!)

- The toilet paper glides (G)
- Or the mucus is clear/translucent in part (TO) or completely clear/translucent (T)
- Or the mucus stretches 1" or more

ALWAYS CHART THE MOST FERTILE SIGN EVEN IF IT WAS ONLY SEEN ONCE DURING THE DAY!

JALISTIC COACHING

Confirm Ovulation

Learn how to confirm ovulation the right way so you don't have to guess again.



- **Finally stop asking “Did I ovulate?” and learn how to confirm it actually happened (without second-guessing yourself)**
- **Spot a real temperature shift (even when your chart looks a bit messy or unclear)**
- **See what confirmed ovulation looks like with visual chart examples (so you can compare, learn, and trust what you’re seeing)**
- **Learn what to watch for when your cycle feels “off” (and what to do next to keep charting with confidence)**
- **Understand why cervical mucus alone isn’t enough (and how to track it clearly with a clear system in place)**

[**LEARN MORE HERE**](#)