



**DIVINE IMAGE  
COACHING**

# **FEMM CYCLE CHARTING INSTRUCTION**

## **What is cycle charting instruction?**

**Cycle charting is a way of tracking a woman's fertility cycle by observing her biomarkers and connecting it to her hormonal activity as a vital sign of health and fertility.**

## **Why chart my cycle?**

- **To identify hormonal imbalances**
- **To connect symptoms with phases of the cycle**
- **To achieve fertility goals**

**Sarah Covington**  
**Certified cycle charting instructor**  
**Hormone coach**  
**Cycle Prep Facilitator**  
**Contact me at...**  
**[Divineimagecoaching@gmail.com](mailto:Divineimagecoaching@gmail.com)**



# FEMM Cycle Charting for Single Women Package

Package includes:

3- 1 hour sessions via Google Meet

- Introduction-Learn how FEMM can help you achieve your health goals.
- FEMM and Your Health-Learn how hormones influence your health and how to chart your hormonal activity.
- FEMM Expert- Learn to identify healthy patterns or health problems
- Charts and informational materials will be provided via email. LH strips will need to be purchased on your own.

Cost: \$250- payment in full at first session

\$270- 3 installments of \$90 paid at each session



# FEMM Cycle Charting for Married or Engaged Women

Package includes:

4- 1 hour sessions via Google Meet

- Introduction-Learn how FEMM can help you achieve your health and fertility goals
- FEMM and Your Health-Learn how hormones influence your health and how to chart your hormonal activity.
- FEMM Expert- Learn to identify healthy patterns or health problems
- FEMM Family Planning- Learn to manage your fertility
- Charts and informational materials will be provided via email. LH strips will need to be purchased on your own.

Cost: \$340- payment in full at first session

\$360- 4 installments of \$90 paid at each session

**College students and  
affiliates will be granted a  
10% discount**