

Sensation (Free App)

If you do not have the paid version of the Kindara app, then sensation will need to be created using the customized fields. You'll add a field each for "dryness," "moistness," and "lubrication." You'll want to order them with lubrication at the top, then moistness, then dryness. When you need to select one of these for the day, just check the appropriate box, and on the chart display, a dot will appear in that field.



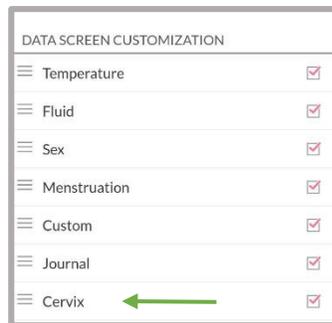
Sensation (Paid App)

If you use iOS and have the paid version of the Kindara app, Sensation is provided for you. You will use Dry, Moist, and Lubricative to chart sensation.

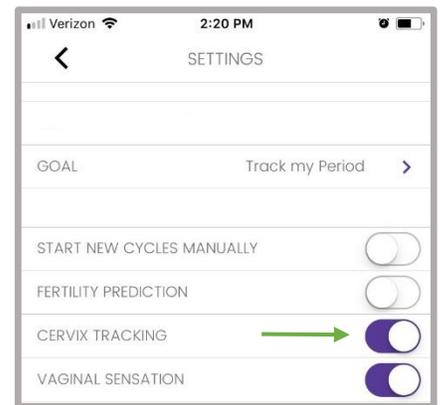


Cervix (if used)

To add cervical position signs, you'll need access your app settings and make sure that "cervix" is checked, like this.



For Android go into "Settings" and then "Data Screen Customization"



For iOS go into "Settings"

Now on the daily input screen, you should see options at the very bottom for **height**, **openness**, and **firmness**. There is not currently a way to chart mucus at the cervix. You can choose to either create more customized fields for it, or use the daily journal. The daily journal should also be used for tissue traits, if needed. Here is how a chart display would look, with cervix position included, and the customized sensation fields. If you have the paid iOS app version with sensation activated, this will look slightly different.

