Age _____ Fertility Cycle # _____

Last 12 Cycles: **Shortest** _____ **Longest** _____ **Month** _____ **Year** _____ **This cycle length** _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Date	/																																							
Day of Week																																								
_____ Time Temp Normally Taken																																								
Temp Count & Luteal Phase																																								
Waking Temperature	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99
	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98
	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97
Birth Control Method Used																																								
Circle Intercourse on Cycle Day	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**32**	**33**	**34**	**35**	**36**	**37**	**38**	**39**	**40**
Cervical Fluid																																								
Dry, Spotting or PERIOD																																								
Fertile Phase and PEAK DAY																																								
Vaginal Sensation																																								
Cervix (• F, ○ M, ◯ S)																																								
Cervical Fluid Description																																								
Ovulatory Pain																																								
	1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**19**	**20**	**21**	**22**	**23**	**24**	**25**	**26**	**27**	**28**	**29**	**30**	**31**	**32**	**33**	**34**	**35**	**36**	**37**	**38**	**39**	**40**
Exercise																																								
Miscellaneous																																								
Travel																																								
Illness																																								
Stress																																								
PMS																																								
Breast Self-Exam								BSE																																

Cervical Fluid Symbols	*	(*)	—	S	(C)	(E)
	Menses	**Spotting**	**No Cervical Fluid**	**Sticky**	**Creamy**	**Eggwhite**
Cervical Fluid Description				Sticky, Crumbly, Gummy, or Rubbery	Creamy, Lotiony, Milky, or Smooth	Slippery and Usually Stretchy
	Bright Red	Pink or Brown	Nothing	Yellow or White	Yellow or White	Clear, Streaked or Opaque
Vaginal Sensation	Wet	Moist or Dry	Dry	Dry or Sticky	Wet and/or Cold	Lubricative and Very Wet, May Feel Humid

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