Month _____ **Year** _____ **Age** _____ **Fertility Cycle** _____

Last 12 Cycles: Shortest _____ **Longest** _____ **This Luteal Phase Length** _____ **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 Taken																																								
Temps & Luteal Phase																																								
Peak Day																																								
WAKING TEMPERATURES	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9	98.9
	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8	98.8
	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7	98.7
	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6	98.6
	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5
	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4	98.4
	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3	98.3
	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2	98.2
	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1	98.1
	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
	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96	96
_____ Pregnancy Test																																								
Artificial Insemination or IVF																																								
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
Eggwhite																																								
Creamy																																								
PERIOD, Spotting, Dry, or Sticky																																								
Fertile Phase and PEAK DAY																																								
Vaginal Sensation																																								
Dry Sticky Moist Wet Lube																																								
Cervix		○	◯																																					
	F	M	S																																					
Ovulatory Pain																																								
CERVICAL FLUID																																								
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
_____Ovulation Predictor Kit																																								
_____Fertility Monitor																																								
Diagnostic Tests and Procedures																																								
Medications or Injections																																								
Acupuncture or Other Treatments																																								
Herbs, Vitamins, and Supplements																																								
Exercise																																								
Notes																																								

EGGWHITE
Stretchy (1+") **OR** clear **OR** lubricative.
May be slippery, gushing and watery.
May be a thin or thick stretch to 1+"
Clear, cloudy, streaked or red-tinged.
Wet or lubricative vaginal sensation.

CREAMY
Wet—and may be creamy, lotiony, milky, clumpy
gummy/wet or springy/wet. Breaks easily.
May form wet mounds or stretch to 3/4".
Usually opaque.
Wet, moist or cold vaginal sensation.

STICKY
Sticky—and may be thick, tacky, pasty, crumbly,
gummy/dry or springy/dry.
May form thick peaks or stretch to 1/4".
White, yellow, or cloudy.
Dry or sticky vaginal sensation.

Travel
PMS
Illness
Stress
Moodiness
Special Event
Annual Exam
Breast Self-Exam