

Month \_\_\_\_\_ Year \_\_\_\_\_ Age \_\_\_\_\_ Fertility Cycle \_\_\_\_\_

Last 12 Cycles: Shortest \_\_\_\_\_ Longest \_\_\_\_\_ This Luteal Phase Length \_\_\_\_\_ This Cycle Length \_\_\_\_\_

Cycle Day	Date																																								
	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	
Day of Week																																									
Time Temp Taken																																									
Temp Count & Luteal Phase																																									
Peak Day Count																																									
WAKING TEMPERATURES	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		
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	
Eggwhite Creamy																																									
PERIOD, Spotting, Dry, or Sticky																																									
Fertile Phase and PEAK DAY																																									
VAGINAL SENSATION																																									
Cervix																																									
Ovulatory Pain																																									
CERVICAL FLUID DESCRIPTION																																									
EGGWHITE																																									
CREAMY																																									
STICKY																																									
Herbs, Vitamins, and Supplements																																									
Exercise																																									
Notes																																									
Travel																																									
PMS																																									
Illness																																									
Stress																																									
Moodiness																																									
Special Event																																									
Annual Exam																																									
Breast Self-Exam																																									