	Last 12 Cycles: Shortest _																	Th	nis Luteal Phase Lo							th_					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	\vdash																																						\dashv	_
Time Temp Taken																																								Г
Temp Count & Luteal Phase																																							4	
Peak Day Count	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
	9	9	9	9	9 8	9	9	9	9	9	9 8	9	9	9	9	9	9	9	9 8	9	9	9	9	9	9 8	9 8	9	9	9	9	9	9	9	9 8	9	9	9 8	9	9 8	9 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
	5	6 5	5	5	5	5	5	6 5	6 5	6 5	6 5	5	6 5	6 5	5	6 5	6 5	5	6 5	6 5	6 5	6 5	6 5	6 5	6 5	5	5	5	5	5	6 5	5	6 5	6 5	6 5	6 5	5	6 5	5	5
	4	4	4	4	4	4	4	4	4	4	3	4	4	4	4	4	4	4	4 3	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4 3	4 3	4
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2 1	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
WAKING TEMPERATURES	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
	9 8	9 8	9 8	9 8	9 8	9	9 8	9	9 8	9 8	9 8	9	9 8	9 8	9 8	9	9 8	9 8	9 8	9 8	9 8	9 8	9 8	9	9 8	9 8	9 8	9 8	9 8	9 8	9 8	9 8	9	9 8						
	7 6	7 6	7 6	7 6	7 6	7	7 6	7	7 6	7	7 6	7 6	7 6	7 6	7 6	7 6	7 6	7 6	7	7 6																				
	5 4	5 4	5	5	5	5	5	5	5	5 4	5	5 4	5	5	5 4	5	5 4	5 4	5 4	5 4	5 4	5	5	5	5 4	5 4	5	5 4	5 4	5 4	5 4	5 4	5	5 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 1	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	2	2	2	2	2	2	2	2	2
	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
Eggwhite																																								
Creamy PERIOD, Spotting, Dry, or Sticky																			\dashv																				\dashv	
Fertile Phase and PEAK DAY VAGINAL SENSATION																																								
Dry Sticky Moist Wet Lube																																								
																																							\dashv	
Cervix F M S																																								
Ovulatory Pain CERVICAL FLUID DESCRIPTION																																							\dashv	
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.																																								
	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
Herbs, Vitamins, and Supplements																																								
																																							\dashv	
Exercise																																								
Notes																																							\dashv	_
Travel																																								
PMS Illness																																								
Stress Moodiness																																								
Special Event Annual Exam																																								
Breast Self-Exam																																								
							BSE																																	
															Н						Н										H									

______ Year ______

Month _

Fertility Cycle ____

Age _____