

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	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																																										
<div style="border: 1px solid black; padding: 5px; width: fit-content;">           Travel            PMS            Illness            Stress            Moodiness            Special Event            Annual Exam            Breast Self-Exam         </div>																																										