

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	99	
	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	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	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	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	5	
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	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	2	
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	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	97	
Pregnancy Test																																										
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 & PEAK DAY																																										
Vaginal Sensation																																										
Cervix																																										
Cervical Fluid Description																																										
Ovulatory Pain																																										
OPK																																										
Diagnostic Tests and Procedures																																										
Drugs																																										
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	Bright Red	Pink or Brown	Nothing	Sticky, Crumbly, Gummy, or Rubbery Yellow or White	Creamy, Lotiony, Milky, or Smooth Yellow or White	Slippery and Usually Stretchy 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