

FERTILITY CHART FOR ONE CYCLE

Month(s) :

Year :

Name :

Date of Month																																									
Day (Week)																																									
Date on which period began : ___ / ___ / ___	Temperature <input type="checkbox"/> Oral <input type="checkbox"/> Vaginal Thermometer : <input type="checkbox"/> Liquid <input type="checkbox"/> Digital	37.4																																							
		37.3																																							
		37.2																																							
		37.1																																							
		37.0																																							
		36.9																																							
		36.8																																							
		36.7																																							
		36.6																																							
		36.5																																							
		36.4																																							
		36.3																																							
		36.2																																							
36.1																																									
36.0																																									
Day of Cycle		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
Mucus	Texture																																								
	Colour																																								
	Amount																																								
	External Sensation																																								
Cervix	H,M,L = High, Med, Low																																								
	F or S = Firm or Soft																																								
	M or W = Moist or Wet																																								
	T = Tightly Closed																																								
	S = Slightly Open																																								
	O = Open																																								
Pain (Period or Mid-Cycle)																																									
Headaches																																									
Nausea / Vomiting																																									
Bleeding																																									
Breasts																																									
Skin																																									
Bowel																																									
Fatigue / Energy Levels																																									
Emotional State PMT																																									
Food Cravings																																									
Sexual Desire																																									
Intercourse																																									