

Name: _____ Address: _____ Phone: _____

Chart# _____ Month _____ Year _____ Age _____ Cycle variation _____ This cycle _____ days.

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	41	42	Charting Key								
Menstrual flow ¹																																																	1 / = Slight X = Moderate ■ = Heavy 2 D = Dry W = Wet 3 Y = Yellow O = Opaque, white, cloudy C = Clear 4 T = Tacky St = Stretchy Sl = Slippery 5 Peak Day (P) Combined most fertile day. Can only know this the day after it occurs! 6 Max. Change (M) - Last day of HSO. Can only know this the day after it occurs. 7 Disturbances include fatigue, time change, sickness, new thermometer, use of alcohol, medication, emotional upset, etc. Cover line: Determined after lower temp shifts to a new, higher, sustained level. Begin with day prior to shift, count back 6 days; add .1 to highest temp in those 6 days. Draw line in middle of box of that temp to end of chart.			
Symptoms	Abdominal pain ¹																																																			
	Spotting ¹																																																			
	Breast fullness ¹																																																			
	Other ¹																																																			
Day of month																																																				
Mucus	Sensation ²																																																			
	Color ³																																																			
	Consistency ⁴																																																			
	Quantity ¹																																																			
	Peak day ⁵																																																			
Intercourse																																																				
Cervix	Low																																																			
	High																																																			
	Firm																																																			
	Soft																																																			
Closed																																																				
Open																																																				
Maximum change ⁶																																																				
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	41	42									
Basal temperature	99.0																																																			
	98.9																																																			
Usual time _____	98.8																																																			
	98.7																																																			
Oral <input type="checkbox"/> Other <input type="checkbox"/>	98.6																																																			
	98.5																																																			
Cover line _____	98.4																																																			
	98.3																																																			
Phase 1 ends: _____	98.2																																																			
	98.1																																																			
Phase 3 begins: _____	98.0																																																			
	97.9																																																			
	97.8																																																			
	97.7																																																			
	97.6																																																			
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	97.1																																																			
	97.0																																																			
	97.0																																																			
Disturbances ⁷																																																				
Notes																																																				
Loving abstinence																																																				