Age _____ Fertility Cycle# _____

Month _____ Year _____ This cycle length _____

Cycle 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
Date:																															
37.3 / 99.1																															
37.2 / 99.0																															
37.1 / 98.8																															
37.0 / 98.6																															
36.9 / 98.4																															
36.8 / 98.2																															
36.7 / 98.1																															
36.6 / 97.9																															
36.5 / 97.7																															
36.4 / 97.5																															
36.3 / 97.3																															
36.2 / 97.2																															
36.1 / 97.0																															
36.0 / 96.8																															
35.9 / 96.6																															
35.8 / 96.4																															
35.7 / 96.3																															
35.6 / 96.1																															
35.5 / 95.9																															
35.4 / 95.7																															
35.3 / 95.5																															
35.2 / 95.4																															
35.1 / 95.2																															
35.0 / 95.0																															
Blood:																															
No Discharge:																															
Discharge:																															
Description: C=clear S=slippery P=pasty CL=cloudy D=dry W=wet																															
Intercourse:																															
Ovulation:																															
Symptoms: For example: Spotting, cramps, bloating, mood changes, sore breasts, backache, schedule changes, etc.																															