

MONTH & Start Date

Cycle

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	28	29	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Day of week																																								
Waking Basal Temperature																																								
Time																																								
Intercourse																																								
Describe:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	28	29	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Cervical Fluid																																								
Cervix																																								
Cervix Position																																								
Vaginal Sense																																								
Other Notes:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	28	29	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Poor Sleep																																								
Tender Breasts																																								
Moodiness																																								
Pain																																								
Alcohol																																								
Illness																																								
Trauma																																								

Other:

Describe Cervical Fluid:	<input type="checkbox"/> E Eggywhite	<input type="checkbox"/> C Creamy	<input type="checkbox"/> St Sticky
Describe Cervix:	<input type="checkbox"/> H Hard	<input type="checkbox"/> So Soft	
Cervix Position:	<input type="checkbox"/> h high	<input type="checkbox"/> m middle	<input type="checkbox"/> l low
Vaginal Sense:	<input type="checkbox"/> D Dry	<input type="checkbox"/> M Moist	<input type="checkbox"/> W Wet