

Cycle Day	33	34	35	36	37	38	39	40	41	42	43	44	45
Date													
Day of Week													
Intercourse													
Time Temp Taken													
Temp Count													
Waking Temperature	99	99	99	99	99	99	99	99	99	99	99	99	99
	9	9	9	9	9	9	9	9	9	9	9	9	9
	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
	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
	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1
	98	98	98	98	98	98	98	98	98	98	98	98	98
	9	9	9	9	9	9	9	9	9	9	9	9	9
	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
	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
	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1
97	97	97	97	97	97	97	97	97	97	97	97	97	
9	9	9	9	9	9	9	9	9	9	9	9	9	
Cycle Day	33	34	35	36	37	38	39	40	41	42	43	44	45
Cervical Fluid													
Peak Day													
Vaginal Sensation													
Cervix													
Cervical Fluid Description													
Miscellaneous													

Fertility Cycle # _____

Month _____ Year _____ This Cycle Length _____

LAST 12 CYCLES: Shortest _____ Longest _____ Average _____

Cervical Fluid Symbols	Menses	Spotting	None	Sticky	Creamy	Eggwhite
	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		Moist or Dry	Dry	Dry or Sticky	Wet and/or Cold	Lubricative and Very Wet. May feel humid.
Cervix Symbols						
	F	M	S	F=firm M=medium S=soft	=closed	=partly open =open