Age _____ Fertility Cycle # _____

Last 12 Cycles: Shortest _____ Longest _____ Month _____ Year _____ This cycle length _____

Cycle Day	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
Date																																									
Day of Week																																								
_____ Time Temp Normally Taken																																								
Temp Count & Luteal Phase																																								
Waking Temperature	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97	99 98 97
_____ Pregnancy Test																																								
Circle Intercourse on Cycle Day	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
Eggwhite																																								
Creamy																																								
Sticky																																								
Dry, Spotting or PERIOD																																								
Fertile Phase & PEAK DAY																																								
Vaginal Sensation																																								
Cervix (• F, ○ M, ◯ S)																																								
Cervical Fluid Description																																								
Eggwhite Slippery, Will Usually Stretch Clear/Streaked/Opaque Lube, Wet or Humid Feeling																																								
Creamy Lotiony, Milky, Smooth Usually White or Yellow Wet, Moist or Cold Feeling																																								
Sticky Pasty, Crumbly, Opaque Rubber-Cement Dry or Sticky Feeling																																								
Ovulatory Pain																																								
_____ OPK																																								
Diagnostic Tests and Procedures																																								
Drugs																																								
	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
Other things to note	Exercise			Miscellaneous			Travel			Illness			Stress			PMS			Breast Self-Exam																				

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