Usual Time of Day _____

FERTILITY AWARENESS CHART

Month _____ Year _____ Cycle Number _____ Cycle Variation _____

Basal Body Temperature

99.0 — 98.0 — 97.0

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																																								
Intercourse																																								
Mucus																																								
Cervix																																								
Notes:																																								
Mucus Description:																																								
Sensation																																								
Disturbances, Schedule Changes, etc.																																								

MUCUS SYMBOLS:

✳ Menses

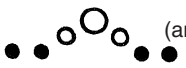
D — Dry No Mucus (and dry vaginal sensation)

M — Non-wet Quality Mucus (and dry vaginal sensation)

(M) — Wet Quality Mucus (and wet vaginal sensation)

(M̸) — Last day of Wet Quality Mucus (and wet vaginal sensation)

CERVIX SYMBOLS:



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