CHART FOR ONE CYCLE

MONTH(S):_____

DATE																																								
DAY OF WEEK																																							
DAY OF CYCLE	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
LUNAR PEAK																																								
TEMPERATURE (Basal temperature rises by 1 box each ½ hr) (Usual rising time ___:___ hrs) 99.2																																							
99.0																																							
98.8																																							
98.6																																							
98.4																																							
98.2																																							
98.0																																							
97.8																																							
97.6																																							
97.4																																							
97.2																																							
97.0																																							
96.8																																							
96.6																																							
CONDITIONS AFFECTING TEMPERATURE																																							
MUCUS CHANGES BIP = TEXTURE																																							
COLOUR																																							
AMOUNT																																							
EXTERNAL SENSATION																																							
SECONDARY SYMPTOMS CERVIX CHANGES																																							
PAIN (PERIOD OR MID CYCLE)																																							
HEADACHES																																							
NAUSEA/VOMITING																																							
BOWEL																																							
SKIN																																							
BREASTS																																							
FLUID RETENTION																																							
FATIGUE/ ENERGY LEVELS																																							
EMOTIONAL STATE/PMT																																							
FOOD CRAVINGS																																							
SEXUAL DESIRE																																							
INTERCOURSE																																							
BLEEDING	X																																						

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