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)	37.3																																							
	37.2																																							
	37.1																																							
	37.0																																							
	36.9																																							
	36.8																																							
	36.7																																							
	36.6																																							
	36.5																																							
	36.4																																							
	36.3																																							
	36.2																																							
	36.1																																							
	36.0																																							
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																																						

© Francesca Naish - Natural Fertility Management Pty Ltd