

Example

Fertility Chart

Month October - November Year _____ Last month's cycle length 28 This cycle length 29

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Time Temp Taken	7:00	~	~	~	~	8:00	9:30	7:00	~	~	~	~	~	8:15	~
Basal Body Waking Temperature (°F)	99	99	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	.9	.9
	.8	.8	.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	.7	.7
	.6	.6	.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	.5	.5
	.4	.4	.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	.3	.3
	.2	.2	.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	.1	.1
	98	98	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	.9	.9
	.8	.8	.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	.7	.7
	.6	.6	.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	.5	.5
	.4	.4	.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	.3	.3
	.2	.2	.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	.1	.1
97	97	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	.9	.9	
Cycle Day		2		4		6		8		10		12		14	
Period/Spotting	P	P	P	P	P										
Cervical Mucus (CM) Consistency*						D	D	D	S	S	C	C	C	E	E
Cervical Position**										C	C	C	O	O	O
OPK/LH Surge											-	-	-	+	
Fertility Monitor										Low	Low	High	High	Peak	Peak
Saliva Test										-	-	-	+	+	
Chloride-ion Surge									~	~	-	+	+		
Miscellaneous (travel, illness, stress, medication, change in schedule, late night, etc.)			Ibuprofen			Late Night									
Sex						x								x	x
HPT (pregnancy test)															

*Cervical Fluid Consistency: **D**: Dry **E**: Egg White/Slippery **S**: Sticky **C**: Creamy

Fertility Chart

Month _____ Year _____ Last month's cycle length _____ This cycle length _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Date																
Time Temp Taken																
Basal Body Waking Temperature (°F)	99	99	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	.9	.9	
	.8	.8	.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	.7	.7	
	.6	.6	.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	.5	.5	
	.4	.4	.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	.3	.3	
	.2	.2	.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	.1	.1	
	98	98	98	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	.9	.9	.9
	.8	.8	.8	.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	.7	.7	.7
	.6	.6	.6	.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	.5	.5	.5
	.4	.4	.4	.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	.3	.3	.3
	.2	.2	.2	.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	.1	.1	.1
97	97	97	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	.9	.9	.9	
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Period/Spotting																
Cervical Mucus (CM) Consistency*																
Cervical Position**																
OPK/LH Surge																
Fertility Monitor																
Saliva Test																
Chloride-ion Surge																
Miscellaneous (travel, illness, stress, medication, change in schedule, late night, etc.)																
Sex																
HPT (pregnancy test)																

*Cervical Fluid Consistency: **D**: Dry **E**: Egg White/Slippery **S**: Sticky **C**: Creamy

Fertility Chart

Month _____ Year _____ Last month's cycle length _____ This cycle length _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Date																
Time Temp Taken																
Basal Body Waking Temperature (°F)	99	99	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	.9	.9	
	.8	.8	.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	.7	.7	
	.6	.6	.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	.5	.5	
	.4	.4	.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	.3	.3	
	.2	.2	.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	.1	.1	.1
	98	98	98	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	.9	.9	.9
	.8	.8	.8	.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	.7	.7	.7
	.6	.6	.6	.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	.5	.5	.5
	.4	.4	.4	.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	.3	.3	.3
	.2	.2	.2	.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	.1	.1	.1
97	97	97	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	.9	.9	.9	
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Period/Spotting																
Cervical Mucus (CM) Consistency*																
Cervical Position**																
OPK/LH Surge																
Fertility Monitor																
Saliva Test																
Chloride-ion Surge																
Miscellaneous (travel, illness, stress, medication, change in schedule, late night, etc.)																
Sex																
HPT (pregnancy test)																

*Cervical Fluid Consistency: **D**: Dry **E**: Egg White/Slippery **S**: Sticky **C**: Creamy

Fertility Chart

Month _____ Year _____ Last month's cycle length _____ This cycle length _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date															
Time Temp Taken															
Basal Body Waking Temperature (°F)	99	99	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	.9	.9
	.8	.8	.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	.7	.7
	.6	.6	.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	.5	.5
	.4	.4	.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	.3	.3
	.2	.2	.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	.1	.1
	98	98	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	.9	.9
	.8	.8	.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	.7	.7
	.6	.6	.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	.5	.5
	.4	.4	.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	.3	.3
	.2	.2	.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	.1	.1
97	97	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	.9	.9	
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Period/Spotting															
Cervical Mucus (CM) Consistency*															
Cervical Position**															
OPK/LH Surge															
Fertility Monitor															
Saliva Test															
Chloride-ion Surge															
Miscellaneous (travel, illness, stress, medication, change in schedule, late night, etc.)															
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Month _____ Year _____ Last month's cycle length _____ This cycle length _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Date																
Time Temp Taken																
Basal Body Waking Temperature (°F)	99	99	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	.9	.9	
	.8	.8	.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	.7	.7	
	.6	.6	.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	.5	.5	
	.4	.4	.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	.3	.3	
	.2	.2	.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	.1	.1	
	98	98	98	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	.9	.9	.9
	.8	.8	.8	.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	.7	.7	.7
	.6	.6	.6	.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	.5	.5	.5
	.4	.4	.4	.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	.3	.3	.3
	.2	.2	.2	.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	.1	.1	.1
97	97	97	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	.9	.9	.9	
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Period/Spotting																
Cervical Mucus (CM) Consistency*																
Cervical Position**																
OPK/LH Surge																
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Miscellaneous (travel, illness, stress, medication, change in schedule, late night, etc.)																
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Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Date																
Time Temp Taken																
Basal Body Waking Temperature (°F)	99	99	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	.9	.9	
	.8	.8	.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	.7	.7	
	.6	.6	.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	.5	.5	
	.4	.4	.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	.3	.3	
	.2	.2	.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	.1	.1	
	98	98	98	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	.9	.9	.9
	.8	.8	.8	.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	.7	.7	.7
	.6	.6	.6	.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	.5	.5	.5
	.4	.4	.4	.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	.3	.3	.3
	.2	.2	.2	.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	.1	.1	.1
97	97	97	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	.9	.9	.9	
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Period/Spotting																
Cervical Mucus (CM) Consistency*																
Cervical Position**																
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Fertility Chart

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Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date															
Time Temp Taken															
Basal Body Waking Temperature (°F)	99	99	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	.9	.9
	.8	.8	.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	.7	.7
	.6	.6	.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	.5	.5
	.4	.4	.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	.3	.3
	.2	.2	.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	.1	.1
	98	98	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	.9	.9
	.8	.8	.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	.7	.7
	.6	.6	.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	.5	.5
	.4	.4	.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	.3	.3
	.2	.2	.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	.1	.1
97	97	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	.9	.9	
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Period/Spotting															
Cervical Mucus (CM) Consistency*															
Cervical Position**															
OPK/LH Surge															
Fertility Monitor															
Saliva Test															
Chloride-ion Surge															
Miscellaneous (travel, illness, stress, medication, change in schedule, late night, etc.)															
Sex															
HPT (pregnancy test)															

*Cervical Fluid Consistency: **D**: Dry **E**: Egg White/Slippery **S**: Sticky **C**: Creamy

Fertility Chart

Month _____ Year _____ Last month's cycle length _____ This cycle length _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date															
Time Temp Taken															
Basal Body Waking Temperature (°F)	99	99	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	.9	.9	.9
.8	.8	.8	.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	.7	.7	.7
.6	.6	.6	.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	.5	.5	.5
.4	.4	.4	.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	.3	.3	.3
.2	.2	.2	.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	.1	.1	.1
98	98	98	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	.9	.9	.9
.8	.8	.8	.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	.7	.7	.7
.6	.6	.6	.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	.5	.5	.5
.4	.4	.4	.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	.3	.3	.3
.2	.2	.2	.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	.1	.1	.1
97	97	97	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	.9	.9	.9
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Period/Spotting															
Cervical Mucus (CM) Consistency*															
Cervical Position**															
OPK/LH Surge															
Fertility Monitor															
Saliva Test															
Chloride-ion Surge															
Miscellaneous (travel, illness, stress, medication, change in schedule, late night, etc.)															
Sex															
HPT (pregnancy test)															

*Cervical Fluid Consistency: **D**: Dry **E**: Egg White/Slippery **S**: Sticky **C**: Creamy

Fertility Chart

Month _____ Year _____ Last month's cycle length _____ This cycle length _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Date																
Time Temp Taken																
Basal Body Waking Temperature (°F)	99	99	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	.9	.9	
	.8	.8	.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	.7	.7	
	.6	.6	.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	.5	.5	
	.4	.4	.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	.3	.3	
	.2	.2	.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	.1	.1	
	98	98	98	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	.9	.9	.9
	.8	.8	.8	.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	.7	.7	.7
	.6	.6	.6	.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	.5	.5	.5
	.4	.4	.4	.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	.3	.3	.3
	.2	.2	.2	.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	.1	.1	.1
97	97	97	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	.9	.9	.9	
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
Period/Spotting																
Cervical Mucus (CM) Consistency*																
Cervical Position**																
OPK/LH Surge																
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