Time

Date

Day

Basal Body Temperature

2 1 37 9 8 7 6 5 4 3 2 1 36

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

OPK / Preg Test

Peak Count

PEAK

NON-PEAK

DRY

Period (S, L, M, H)

Sensation (D, M, L)

Cervical Mucus

Amount (1, 2, 3)

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

Sex

Temperature

THIS CYCLE

Month/s .....

Year .....

Age

Chart No.

Intention TTC

NOTES

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