Time	
Date	
Day	

Basal Body Temperature

6		6												6		6												6		6														6
4			4										4				4											4				4												4	
2				2								2						2									2						2										2		
98					98						98								98							98								98							98				
8						8				8										8				8											8				8						
6							6		6												6	6														6	6								
4							4		4												4	4														4	4								
2						2				2										2				2											2				2						
97					97						97								97							97								97							97				
8				8								8						8								8							8									8			
6			6										6				6										6					6												6	
4		4												4		4												4		4														4	

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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