Fertility Chart

Month(s): _____ Year: _____ Last 12 cycles:_____ Shortest: _____ Longest: _____ This cycle's length: _____

Temperature																															
37.5 C																															
37.4																															
37.3																															
37.2																															
37.1																															
37.0																															
36.9																															
36.8																															
36.7																															
36.6																															
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36.0																															
35.9																															
35.8																															
35.7																															
35.6																															
35.5 C																															
Days 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

cervical fluid	
vaginal sensation (wet, lube, dry)	
cervix (• ○ ◯ / F M S)	
cervical fluid description eggwhite: slippery, will usually stretch clear/streaked/opaque lube wet/humid feeling creamy: lotiony, milky, smooth usually white or yellow wet, moist or cold sticky: pasty, crumbly ,opaque rubber-cement dry or sticky feeling	
OPK/LH surge	
ovulatory pain	
miscellaneous (travel, illness, stress, drugs, exercise)	
cramps	
bloated	
headaches	
sore breasts	
emotional	