

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																																																							
T E M P E R A T U R E (Basal temperature rises by 1 box each 1/2 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																																																						