

Print the chart and begin using it on Day 1 of your period.

Date: Write the date of your observations.

Time: Write the time you take your waking temperature.

Waking Temperature: Write your waking temperature and circle to the nearest tenth degree.

Flow: Mark the days you have your period.

Cervical Mucus: Identify and note your cervical mucus type.

Cervical Position: Observe and note the height, feel, and opening of your cervix.

Fertile Window: Use this to note your ovulation day and fertile window.

Intercourse: Mark each day you have intercourse.

Notes: Use this to make any notes, such as symptoms, emotions, testing, etc.

CLICK TO LEARN MORE

Learn more about how to observe your fertility indicators and interpret your chart, by enrolling in this online course.





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	36	38	39	40
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