

Get Started

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 Connection

A course on charting your menstrual cycle



www.haragrace.com

