Fertility chart

Length of shortest cycle = day [ ] *minus 20* = [ ] is first fertile day. Length of this cycle = [ ] days.

Route of temperature [O] [V] [R] Time of taking temperature [ ]

Name

Age

Chart No.

Comments

		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	
Month & Year																																										
Date																																									
Day																																									
°C	37.4																																								37.4
	37.3																																								37.3
	37.2																																								37.2
	37.1																																								37.1
	37.0																																								**37.0**
	36.9																																								36.9
	36.8																																								36.8
	36.7																																								36.7
	36.6																																								36.6
	36.5																																								36.5
	36.4																																								36.4
	36.3																																								36.3
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	35.9																																								35.9
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	35.7																																								35.7
	35.6																																								35.6
	35.5																																								35.5
Sexual Intercourse - Circle 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	
Cervical Secretions: Wet, slippery, transparent, stretchy																																									
Moist, white, cloudy, sticky																																									
Dry: No secretions seen or felt																																									
Period																																									
Cervix: High, Soft, Open																																									
Low, Firm, Closed																																									
Tilted or straight																																									
Fertility monitoring device: Symbol																																									
Result																																									
..... Test day																																									