

August

September

October

Mon

Tue

Wed

Thu

Fri

Sat

Sun

29

30

31

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

1

2

3

4

5

6

7

8

9

Today

High Fertility

Ovulation

Weight

Start Period

Next Period

End Period

Had Sex

Took Pill

Note

BMT