Chart your fertility

birth.com.au

DATE OF MONTH

DATE ON WHICH PERIOD BEGAN

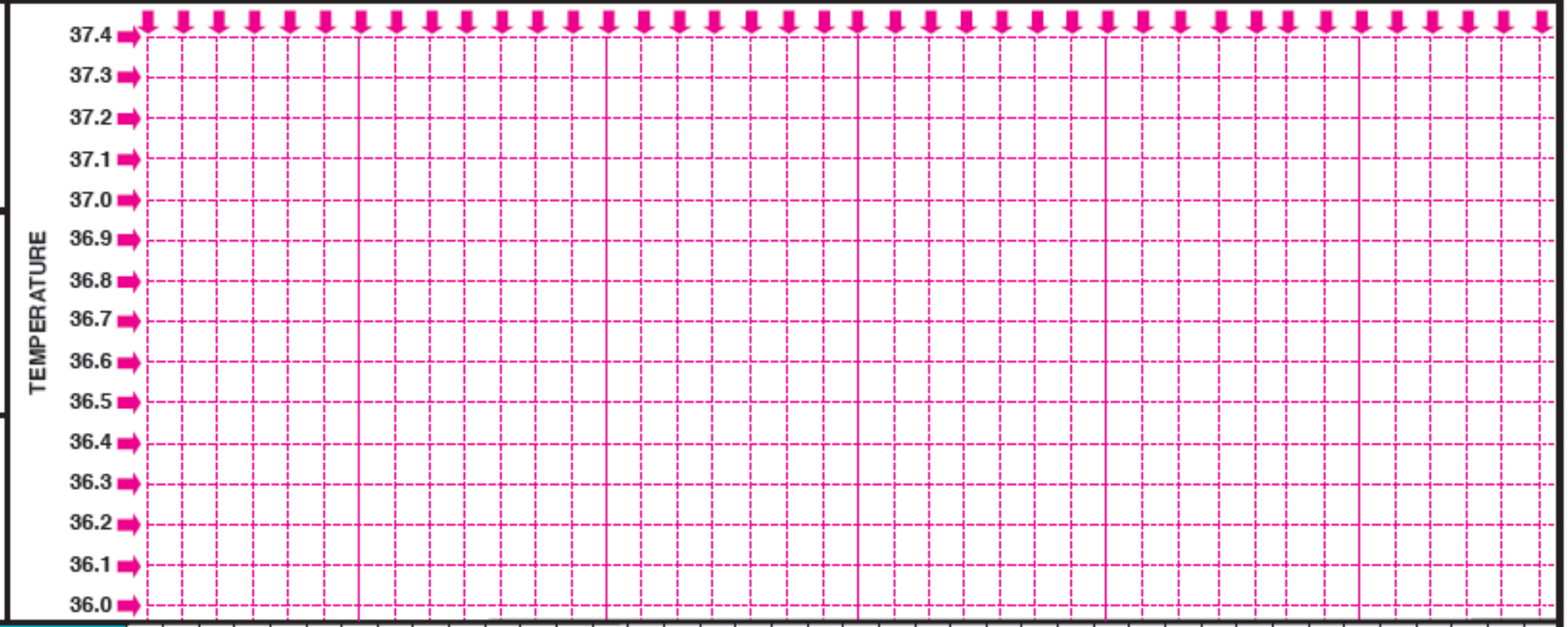
/ /

TEMPERATURE

- [ ] VAGINAL
- [ ] ORAL

THERMOMETER

- [ ] MERCURY
- [ ] DIGITAL



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
COND AFFECTING TEMP																																								
BLEEDING																																								
TYPE OF PAIN																																								
MUCOUS: TC OR TN = THICK OR THIN																																								
MUCOUS: C = COLOUR																																								
MUCOUS: B = BLEEDING																																								
CERVIX: H, M, L = HIGH, MED, LOW																																								
CERVIX: F OR S = FIRM OR SOFT																																								
CERVIX: M OR W = MOIST OR WET																																								
CERVIX: ● TIGHTLY CLOSED																																								
CERVIX: ◐ SLIGHTLY OPEN																																								
CERVIX: ○ OPEN																																								
EMOTIONAL STATE																																								
SEXUAL DESIRE																																								
INTERCOURSE (X)																																								