Patient's Name _____

Month(s) _____ **Year** _____ **Last 12 Cycles:** **Shortest** _____ **Longest** _____ **This Cycle's Length** _____

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	37	38	39	40	41	42	43	44	45
Date																																													
Day of Week																																													
Intercourse																																													
Time Temp Taken																																													
Waking Temperature	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15
	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10
	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05
	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37	37
	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95
	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90
	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85
	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80
	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75
	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70
	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65
	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60
	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55
	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50
	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45
	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40
	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35
	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30
	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25
	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20
	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15
	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10
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	37	38	39	40	41	42	43	44	45
Cervical Fluid																																													
Vaginal Sensation																																													
Cervix																																													
Cervical Fluid Description																																													
OPK/LH Surge																																													
Ovulatory Pain																																													
Miscellaneous																																													
Cramps																																													
Bloated																																													
Headaches																																													
Sore Breasts																																													
Emotional																																													