NAME _____ AGE _____ MONTH/YEAR _____ CYCLE # _____ SHORTEST _____ LONGEST _____ CURRENT _____

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
DAY																																									
MONTH & DATE	/																																							
LUTEAL PHASE																																								
TEMPERATURE 99																																								
98																																								
97																																								
SEX																																								
EGGWHITE/PEAK DAY																																								
CREAMY																																								
STICKY																																								
PERIOD/SPOTTING/DRY																																								
VAGINAL SENSATION																																								
CERVICAL POSITION (• F / ○ M / ◯ S)																																								
CRAMPS																																								
BLOATING																																								
IRRITABLE																																								
ACNE																																								
OTHER:																																								
OTHER:																																								
NOTES STRESS ILLNESS MEDICINE OTHER																																								

TIME TEMPERATURE IS NORMALLY TAKEN