Fertility Awareness Chart

Use this chart to track your fertile window by measuring basal body temperature and watching for changes in cervical mucus. Use a digital thermometer (recording to one decimal place) to take your temperature at the same time every morning. Observe cervical mucus appearance on toilet paper.

Date (week beginning)		WEEK 1:/			WEEK 2://			WEEK 3://			WEEK 4://			_ \	WEEK 5://			WEEK 6://_		/		
Day of Cycle (Day 1 is the first day of your period)		1 2	3	4 5	6 7	8 9	10 1	1 12 1	3 14	15 16 1	7 18 19	20 21	22 23	24 25	26 27	28 29	30 31	32 3	3 34 35	36 37	38 3	9 40
Morning Basal Body Temperature (Celcius) (Graph along the dotted lines)	37.5																					
	37.4																					
	37.3																					
	37.2																					
	37.1																					
	36.9																					
	36.8																					
	36.7																					
	36.6																					
	36.5																					
	36.4																					
	36.3																					
	36.2																					
	36.1																					
	36																					
Temperature Confounding Factors	Slept in																					
	Poorsleep																					
	Alcohol (day before)																					
	Illness																					
	Stress																					
Cervical Mucus Appearance and Vulval Sensation	Transparent and stretchy with wet, slippery sensation																					
	Thick, white, sticky but not stretchy with damp sensation																					
	Unnoticeable or dry with damp sensation																					
	Unnoticeable or dry with no sensation																					
Additional Symptoms	Pain (score out of 10)																				前	十
	Emotions (score out of 10)																				+	+
	Sexual desire																					+
	Intercourse																					