

**CHART FOR ONE CYCLE**

MONTH(S): \_\_\_\_\_

DATE																																																
DAY OF WEEK																																																
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							
LUNAR PEAK																																																
<p style="text-align: center;"><b>T E M P E R A T U R E</b></p> <p style="text-align: center;">(Basal temperature rises by 1 box each ½ hr)</p> <p style="text-align: center;">(Usual rising time hrs)</p>		37.3																																														
		37.2																																														
		37.1																																														
		37.0																																														
		36.9																																														
		36.8																																														
		36.7																																														
		36.6																																														
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		36.4																																														
		36.3																																														
		36.2																																														
		36.1																																														
		36.0																																														
CONDITIONS AFFECTING TEMPERATURE																																																
<p style="text-align: center;"><b>MUCUS CHANGES</b></p> <p style="text-align: center;">BIP =</p>		TEXTURE																																														
		COLOUR																																														
		AMOUNT																																														
		EXTERNAL SENSATION																																														
<p style="text-align: center;"><b>SECONDARY SYMPTOMS</b></p>		CERVIX CHANGES																																														
		PAIN (PERIOD OR MID CYCLE)																																														
		HEADACHES																																														
		NAUSEA/VOMITING																																														
		BOWEL																																														
		SKIN																																														
		BREASTS																																														
		FLUID RETENTION																																														
		FATIGUE/ ENERGY LEVELS																																														
		EMOTIONAL STATE/PMT																																														
		FOOD CRAVINGS																																														
		SEXUAL DESIRE																																														
		INTERCOURSE																																														
BLEEDING	<b>X</b>																																															