Date																																									
Day (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
Day (week)																																									
Temperature	37.3																																								
	37.2																																								
	37.1																																								
	37.0																																								
	36.9																																								
	36.8																																								
	36.7																																								
	36.6																																								
	36.5																																								
	36.4																																								
	36.3																																								
	36.2																																								
	36.1																																								
	36.0																																								
Conditions Affecting Temperature																																									
Mucus Changes	Texture																																								
	Amount																																								
	External Sensation																																								
Pain (period or mid-cycle)																																									
Emotional State/PMT																																									
Sexual Desire																																									
Intercourse																																									
Bleeding																																									