

YEAR:

CYCLE #:

Date																																																	
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	41	42	43	44	45				
Bleeding & Fluid																																																	
Fluid Peak Day																																																	
Monitor																																																	
Monitor Peak Day																																																	
LH Test																																																	
PdG Test																																																	
Cervix																																																	

YEAR:

CYCLE #:

Date																																																				
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	41	42	43	44	45							
Bleeding & Fluid																																																				
Fluid Peak Day																																																				
Monitor																																																				
Monitor Peak Day																																																				
LH Test																																																				
PdG Test																																																				
Cervix																																																				

YEAR:

CYCLE #:

Date																																																							
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	41	42	43	44	45										
Bleeding & Fluid																																																							
Fluid Peak Day																																																							
Monitor																																																							
Monitor Peak Day																																																							
LH Test																																																							
PdG Test																																																							
Cervix																																																							



NOTES:

KEY

Bleeding and Fluid Notations
 (B)= spotting- can be brown, pink or red
 B1= light flow B2= moderate flow B3= heavy flow
 D = dry, no fluid
 M = moist/sticky, pasty, creamy, slightly stretchy
 W = slippery/wet, clear, stretchy, slippery, watery

Fertility Monitor
 blank = no test
 L = low reading
 H = high reading
 P = peak reading

LH or PdG
 (-) = negative result
 (+) = positive result

Cervix
 L = low or lowering
 H = high or rising

Cycle Data- Past 12 Regular Cycles

Shortest Cycle _____

Longest Cycle _____

Earliest Monitor Peak Day _____

Earliest Temp Shift Start _____