| hart # M | onth_ | Year | | | | | | | | Phone | | | | | | | | | - | Previous cycles: ShortLong | | | | | | | | | based on r | | | | | | rde | d cyc | | | | | | | |
|---|---------------------------|---|--------|-----|--------|-------|-------|---|------|-------|------|------|-------|--------|--------|-------|-------|-------|-------|----------------------------|--------|--------|--------|-------|--------|-------|-------|------|------------|--------|-----|------|--------|--------|------|-------|--------|------------------|----------|------|--------|-------|--------------|
| ame | | | | | | | | | | A | ge_ | | _ H | t | | _ Wt | | | ı | Earl | iest f | first | day | of th | erm | nal s | shift | | | ba | ase | d on | | | r | ecor | rded | d cyc | cles | | | | TY |
| mail | | | | | | | | | | | | | | | | | | | ; | Sho | rtest | mu | cus | oatc | h | | | bas | sed | on _ | | | _ red | cord | ed o | cycle | S | | | | | | |
| dress | | | | | | | | | | (| City | | | | | | | | | | 8 | State |) | | ZI | P | | | | | L | eng | th of | this | сус | cle | | da | ays | | | NI | FP Interr |
| | | | | | | | | | | y bre | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day of cycle Menstruation Coitus record (✓) | 1 2 | 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 | 7 28 | 3 29 | 30 | 3′ | 32 | 2 33 | 3 34 | 1 3 | 5 36 | 3 | 7 38 | 3 3 | 39 4 | 10 4 | 11 4 | 2 |
| Day of week Day of month | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | + | | | | |
| Disturbances (X) | Щ | 1 | | | | | | | | | | | | | | | Ļ | | Ļ | | | | | | | | | | | | 1 | | | | Ι, | | | | I | | | | 7 |
| F. 98. | 8 | | | | | | | | | | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | | | <u>—</u> | | | | 37.1 |
| 98. | 6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | \vdash | | | | 37.0 |
| 98. | - 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 36.9 |
| 98. | - 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 36.8 |
| Temps 98. Usual time: 97. | - 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 36.7 36.6 |
| 97. | - 1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | <u> </u> | | | | 36.5 |
| Oral 97. | 4 - | | | | | | | | | | | | | | | | | | | | | | | | - | | | | | | | | | | | | | | _ | | | | 36.4 |
| Vaginal 97. | 2 | | | | | | | + | | | | + | | | + | | | + | + | | _ | | | | + | | | | | | | | | | | | | | | | | | 36.3 |
| Rectal 97. | ٥ | | | | | | | | | | | | | | | | | | | | - | | | | $^{+}$ | | | | | | | | | | | | | | | | | | 36.2 |
| 96. | 8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 36.1 |
| ay 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 | 7 28 | 3 2 | 9 30 |) 3 | 1 32 | 2 33 | 3 3 | 4 3 | 5 36 | 6 3 | 7 38 | 8 3 | 39 4 | 10 4 | 11 4 | 12 |
| eak Day* | Interp | aretat | ion** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | + | + | | | + | | | | |
| lucus | Exte | | 1011 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | + | | | | - |
| wet-dry consistency | obse | rvatio | ons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | \perp | | | | |
| etc. | Inter | | ons | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cervix closed-open | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | + | | | | _ |
| low-high | | | | | | | | | | _ | _ | | | | | | | | | | | | | | | | | 1 | | | | | | | | | | | | | | | |
| Notes medicines spotting schedule changes moods pains, sickness | | | / = La | | y of | the m | nore- | | | | **(| Symb | ools | for in | terpro | eting | the t | уре с | of mu | cus: | 0 |) = no | othing | ; € | | | | | | | | | e type | е | /Eir | ot do | , of n | | thre | ough | Dool | , Day | |
| etc. | | • | of Pha | | hift i | n thi | 2 010 | | by R | uie_ | | | Start | of Di | 1250 | 3 | | h | , Pul | ۵ | | | | 1. | | · | | | • | tch th | • | | v ahr | nve I | - ` | • | | nucus t day (| | • | ı- edi | Day | ' |
| Mucus and Cervix symbols | Feeling D = fe SL = | First day of thermal shift in this cycle Start of Phase 3 by Rule Length of luteal phase by temps (first day above LTL through last day of cycle) selings or sensations | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |