Chart #_____ Month_____ Year_____ Phone_____

Name_____ Age_____ Ht _____ Wt_____

E-mail _____

Address_____ City_____ State_____ ZIP_____

Previous cycles: Short_____ Long_____ based on _____ recorded cycles

Earliest first day of thermal shift_____ based on _____ recorded cycles

Shortest mucus patch_____ based on _____ recorded cycles

Length of this cycle_____ days

NFP International

Day **6** reminder: monthly breast self-examination

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
Menstruation																																										
Coitus record (✓)																																										
Day of week																																										
Day of month																																										
Disturbances (X)																																										

F.	Temps	
98.8		37.1
98.6		37.0
98.4		36.9
98.2		36.8
98.0		36.7
97.8		36.6
97.6		36.5
97.4		36.4
97.2		36.3
97.0		36.2
96.8		36.1

Usual time: _____

Oral_____

Vaginal___

Rectal____

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
Peak Day*																																										
Interpretation**																																										
Mucus **External observations**																																										
Mucus **Internal observations**																																										
Cervix																																										

Mucus
wet-dry
consistency
etc.

Cervix
closed-open
low-high
firm-soft

Notes
medicines
spotting
schedule changes
moods
pains, sickness
etc.

***Peak day** = Last day of the more-fertile mucus ****Symbols** for interpreting the type of mucus: ○ = nothing; ⊖ = less-fertile type; ⊕ = more-fertile type

Last day of Phase 1_____ by Rule_____ Length of mucus patch this cycle_____ (First day of mucus through Peak Day)

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)_____

Mucus and Cervix symbols

Feelings or sensations
D = feelings of dryness on lips of vagina
SL = slippery or lubrication feelings
W = feelings of wetness on lips of vagina
N = no feelings of dryness or lubrication

Qualities you can see
C = clear
CL = cloudy
S = stretchy, raw-egg-white
T = tacky OP = opaque

Other mucus symbols
M = less-fertile, hard to describe mucus
Quantity: + ++ +++
SR = seminal residue

Cervix symbols
• = closed O = open
L = low H = high
F = firm S = soft

Free charts available at NFPandmore.org