

Menstrual cycle chart

Month/Year																																																
Date																																																
Time of taking temperature																																																
TEMPERATURE	37.4 ^{oC}																																															
	37.3																																															
	37.2																																															
	37.1																																															
	37																																															
	36.9																																															
	36.8																																															
	36.7																																															
	36.6																																															
	36.5																																															
	36.4																																															
	36.3																																															
	36.2																																															
	36.1																																															
36 ^{oC}																																																
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							
MUCUS & CERVICAL SECRETIONS	Mark day of period	X																																														
	Dry, no secretions																																															
	White, sticky																																															
	Clear, stretchy																																															
CERVICAL CHANGES	High, open and soft																																															
	Low, closed, firm																																															
OTHER NOTES	Any other points to note, such as late or disturbed night																																															

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