ONE CYCLE SYMPTO-THERMAL CHART

CYCLE START DATE:_____

Date																																								
Cycle Day	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
Week Day																																								
Basal Body Temperature (Degrees Celsius) 37.5																																								
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Period																																								
Lubricant																																								
Cervix																																								
Intercourse																																								

Fertility: High (H), Medium (M), Low (L). **Period :** Light (L), Medium (M) Heavy (H); **Lubricant:** Dry, rough (D) sticky, creamy colour (S), Slippery, watery, looks like raw egg whites (W).**Cervix:** Low, Firm closed (F), Medium height, firmness, openness (M), High, soft, open (H). **Intercourse:** Yes (Y), Protected (P).

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