Month _____ Year _____ Age _____ Fertility Cycle _____

Last 12 Cycles: Shortest _____ Longest _____ This Luteal Phase Length_____ This Cycle Length

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
Date																																								
Day of Week																																								
_____ Time Temp Taken																																								
Temps & Luteal Phase																																								
Peak Day																																								
WAKING TEMPERATURES	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98	99 98
_____ Pregnancy Test																																								
Artificial Insemination or IVF																																								
Circle Intercourse on 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
Eggwhite																																								
Creamy																																								
PERIOD, Spotting, Dry, or Sticky																																								
Fertile Phase and PEAK DAY																																								
Vaginal Sensation																																								
Cervix																																								
Ovulatory Pain																																								
CERVICAL FLUID																																								
	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
_____Ovulation Predictor Kit																																								
_____Fertility Monitor																																								
Diagnostic Tests and Procedures																																								
Medications or Injections																																								
Acupuncture or Other Treatments																																								
Herbs, Vitamins, and Supplements																																								
Exercise																																								
Notes							BSE																																	