MONTH:

Date																																			
37.4																																			
37.3																																			
37.2																																			
37.1																																			
37.0																																			
36.9																																			
36.8																																			
36.7																																			
36.6																																			
36.5																																			
36.4																																			
36.3																																			
36.2																																			
36.1																																			
36.0																																			
35.9																																			
35.8																																			
35.7																																			
35.6																																			
35.5																																			
SIC		_	_			_	_	_																											
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
Bleeding																																			
Spotting																																			
Pain																																			
CM																																			
SIC																																			
Sleep																																			
E. Di . J																																			

For Bleeding/ Spotting/Pain: X=Light, XX=Heavy, XXX=Very heavy.

CM (Cervical Mucus): (D) for dry day, (P) for pasty, (EW) for Egg White, (W) for Wet, (S) for slippery. ***** Also mark X=Light, XX=Heavy, XXX=Very heavy.

SIC= Sexual intercourse ♥.

Sleep – mark if poor or if you had a sleep in before taking your temp.

The final box also note if any alcohol was consumed, if you felt particularly stressed or emotional or any other symptoms such as PMS, Headache, tender breasts ect.