

**Age                  Fertility Cycle #**

Last 12 Cycles: Shortest \_\_\_\_\_ Longest \_\_\_\_\_

**Month** \_\_\_\_\_ **Year** \_\_\_\_\_ **This cycle length** \_\_\_\_\_

Year

This cycle length \_\_\_\_\_

Cervical Fluid Symbols	*	(*)	—	S		
Menses	Spotting	No Cervical Fluid	Sticky	Creamy	Eggwhite	
			Sticky, Crumbly, Gummy, or Rubbery	Creamy, Lotiony, Milky, or Smooth	Slippery and Usually Stretchy	
Bright Red	Pink or Brown	Nothing	Yellow or White	Yellow or White	Clear, Streaked or Opaque	
Vaginal Sensation	Wet	Moist or Dry	Dry	Dry or Sticky	Wet and/or Cold	Lubricative and Very Wet, May Feel Humid