Age _____ Fertility Cycle # _____

Last 12 Cycles: Shortest _____ Longest _____ Month _____ Year _____ 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	41	42
Date	/																																									
Day of Week																																										
_____ Time Temp Normally Taken																																										
Temp Count & Luteal Phase																																										
Waking Temperature	5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8 7 6 5 4 3 2 1 96 96 96 9 8 7 6 5 4 3 2 1