Nurture Your Fertility: Chart Smart

Name:
Chart #:
Month:

	Day of Cycle	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
BASAL BODY TEMPERATURE (BBT) WAKING TEMPERATURE	37.8 ºC / 99.9 ºF																																								
	37.6 ºC / 99.7 ºF																																								
	37.5 ºC / 99.5 ºF																																								
	37.4 ºC / 99.3 ºF																																								
	37.3 ºC / 99.1 ºF																																								
	37.2 ºC / 99.0 ºF																																								
	37.1 ºC / 98.8 ºF																																								
	37.0 ºC / 98.6 ºF																																								
	36.9 ºC / 98.4 ºF																																								
	36.8ºC / 98.2 ºF																																								
	36.7 ºC / 98.1 ºF																																								
	36.6ºC / 97.9 ºF																																								
	36.5ºC / 97.7 ºF																																								
	36.4ºC / 97.5 ºF																																								
	36.3ºC / 97.3 ºF																																								
	36.2ºC / 97.2 ºF																																								
	36.1 ºC / 97.0 ºF																																								
	36.0ºC / 96.8 ºF																																								
	35.9 ºC / 96.6 ºF																																								
	35.8ºC / 96.4 ºF																																								
	35.7 ºC / 96.2 ºF																																								
	35.6ºC / 96.0 ºF																																								
Sleep Disruption / Shift Work																																									
	Travel																																								
	Intercourse																																								
BLEEDING	Period/full Flow																																								
	Spotting																																								
CERVICAL MUCUS Quality	Spinny/Egg white																																								
	Stretchy/Creamy																																								
	Tacky/Sticky/Pasty																																								
CERVICAL MUCUS Volume	Large																																								
	Medium																																								
	Small																																								
CERVICAL MUCUS Vaginal Sensation	Wet																																								
	Moist																																								
	Dry																																								
PMS SYMPTOMS (1 = mild, 2 = moderate, 3 = severe)	Acne																																								
	Anxiety																																								
	Backache																																								
	Bloating																																								
	Brain fog																																								
	Breast tenderness																																								
	Breast swelling																																								
	Constipation																																								
	Cravings																																								
	Crying spells																																								
	Depression																																								
	Diarrhea																																								
	Fatigue																																								
	Headache/migraine																																								
	Insomnia																																								
	Illness																																								
	Irritability																																								
	Mood swings																																								
	Nausea/vomiting																																								
	Pain																																								
	Sexual desire																																								
	Stress																																								

OTHER NOTES FROM THIS CYCLE :