

Fertility Chart for the Month of: _____

Age: _____ Last 12 Cycles -- Shortest: _____ Longest: _____ 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																																												
Time																																												
99	99																																											
98.9	98.9																																											
98.8	98.8																																											
98.7	98.7																																											
98.6	98.6																																											
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98.4	98.4																																											
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98.1	98.1																																											
98	98																																											
97.9	97.9																																											
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Intercourse																																												
Describe Cervical Fluid																																												
Cervix Position																																												
Cervix Open/Closed																																												
OPK Result																																												
Notes: (slept badly, sickness, stress, alcohol, travel, etc.)																																												
Pregnancy Test Result																																												
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Cervical Fluid Key:	E =Eggwhite C =Creamy/Milky T =Tacky D =Dry M =Menstruation/Period																																											
Cervical Observation	FEEL: H =Hard S =Soft Position: H =High M =Middle L =Low Open/Closed: O =Open C =Closed																																											