

Month _____ Year _____ Family Planning Intention: *achieve* _____ *space* _____ *limit* _____
 Thermometer: *mercury/digital* Usual time taken _____ Route: *Orally / Rectally*

Chart no.	Date																																										
	37.20																																										
Temp. rise in last cycle?	37.10																																										
	.05																																										
	37.00																																										
	.95																																										
Shortest cycle in last year?	36.90																																										
	.85																																										
	36.80																																										
	.75																																										
Longest cycle in last year?	36.70																																										
	.65																																										
	36.60																																										
	.55																																										
Shortest cycle --- 20 (21) Rule	36.50																																										
	.45																																										
	36.40																																										
	.35																																										
	36.30																																										
	.25																																										
	36.20																																										
	.15																																										
	36.10																																										
	.05																																										
	36.00																																										
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		
Code of Disturbances																																											
New thermometer (NT); alcohol (A); late (L); early (E); unwell (U); disturbed night (D); travelling (T); holiday (H); cystitis (C); thrush (Th); medicine (M) others?																																											
Summary of mucus below:																																											
Clear / slippery																																											
Wet / stretchy																																											
Moist or Any mucus seen																																											
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		
Period / spotting																																											
Sensation at vulva																																											
Dry / Moist / Wet																																											
Appearance of Mucus:																																											
Describe colour and consistency of mucus																																											
PEAK 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		
Amount of mucus (1 – 3)																																											
Cervix: Firm or Soft																																											
High or Low																																											
Closed or Open																																											
Pain, bloated tummy																																											
Rectal pressure																																											
Breast changes																																											
		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		
Word to describe the day																																											
Fertile days																																											
Intercourse																																											

Mucus	Temperature	Cervix
Onset of first mucus symptom	First temp. above cover line	First fertile change of cervix
Onset of highly fertile mucus	3rd raised temperature	First day reverting to infertile
PEAK day	Shift of 0.2C above cover line?	Length of luteal phase
Peak + 3	If not, wait for 4 th raised temp.	Length of this cycle