Dr. Katherine Dale
FERTILITY

NAME: _____

Month: _____ Year: _____ 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	41	42	43	44	45
Date																																														
Moon Phase																																													
Menses																																													
Time Temp Taken																																													
Basal Body Temperature	0.9																																											0.9
	0.8																																											0.8
	0.7																																											0.7
	0.6																																											0.6
	0.5																																											0.5
	0.4																																											0.4
	0.3																																											0.3
	0.2																																											0.2
	0.1																																											0.1
	37 / 98																																											
	0.9																																											0.9
	0.8																																											0.8
	0.7																																											0.7
	0.6																																											0.6
	0.5																																											0.5
	0.4																																											0.4
	0.3																																											0.3
	0.2																																											0.2
	0.1																																											0.1
	36 / 97																																											
	0.9																																											0.9
	0.8																																											0.8
Intercourse																																												
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	43	44	45
Lunaception																																													
Cervical Fluid																																													
Cervix Position																																													
Ovulatory Pain																																													
Lymph Node																																													
Cramps																																													
Bloated																																													
Headaches																																													
Sore Breast																																													
Emotional																																													