Month_ _ _ _ _ _ _ _Year _ _ _ _ _ _ Family Planning Intention: *achieve* _____ *space* _____ *limit* _____

Thermometer: *mercury/digital* Usual time taken _ _ _ _ _ _ Route**:** *Orally / Rectally*

Chart no.

Temp. rise in last cycle?

Shortest cycle in last year?

Longest cycle in last year?

Shortest cycle --- 20 (21) Rule

Date																																													
37.20																																														
.15																																														
37.10																																														
.05																																														
37.00																																														
.95																																														
36.90																																														
.85																																														
36.80																																														
.75																																														
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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																																									
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 **D**ry / **M**oist / **W**et																																									
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 **S**oft																																									
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**
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?	
Peak + 3	If not, wait for 4th raised temp.	**Length of this cycle**