

NATURAL FAMILY PLANNING TEACHERS' ASSOC. OF IRELAND (NFPTAI)

Teaching Chart 1

NAME _____

CHART NO.

QUERY TEMP RISE
IN LAST CYCLE?

CALENDAR RULE

SHORTEST CYCLE MINUS 20/21

LAST DAY OF MENSTRUAL BLEEDING

MUCUS

DAY OF ONSET OF FIRST MUCUS SYMPTOM

DAY OF ONSET OF 'MORE-FERTILE' MUCUS

PEAK DAY

PEAK +3

TEMPERATURE

3RD DAY OF TEMPERATURE ABOVE COVERLINE

SHIFT OF 0.2°C OR 0.4°F ABOVE COVERLINE

IF NOT, WAIT FOR 4TH RAISED TEMP.

CERVIX

FIRST FERTILE CHANGE OF CERVIX

MAXIMUM CERVIX

FIRST DAY REVERTING TO INFERTILE

CYCLE DATA

LENGTH OF CYCLE

LONGEST CYCLE LENGTH
(IN LAST 6-12 MONTHS)

SHORTEST CYCLE LENGTH
(IN LAST 6-12 MONTHS)

THERMOMETER: DIGITAL CENTIGRADE / FAHRENHEIT

USUAL TIME TAKEN: _____ ROUTE: ORAL / RECTAL

New Thermometer (NT), alcohol (A), late (L), early (E), disturbed night (D), unwell (U), travel (T), holidays (H), cystitis (C), thrush (Th), medicine (M), stress (S)

MONTH/ YEAR	99.2°F 37.20°C	99.1°F 37.15°C	99.0°F 37.10°C	98.9°F 37.05°C	98.8°F 37.00°C	98.7°F 36.95°C	98.6°F 36.90°C	98.5°F 36.85°C	98.4°F 36.80°C	98.3°F 36.75°C	98.2°F 36.70°C	98.1°F 36.65°C	98.0°F 36.60°C	97.9°F 36.55°C	97.8°F 36.50°C	97.7°F 36.45°C	97.6°F 36.40°C	97.5°F 36.35°C	97.4°F 36.30°C	97.3°F 36.25°C	97.2°F 36.20°C	97.1°F 36.15°C	97.0°F 36.10°C	96.9°F 36.05°C	96.8°F 36.00°C															
	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 (B) / SPOTTING (SP)																																								
MUCUS																																								
SENSATION Dry / Moist / Wet																																								
APPEARANCE Colour / Consistency																																								
MUCUS QUANTITY 1-3																																								
CERVIX																																								
POSITION OPENING																																								
FIRM (FM) / SOFT (S)																																								
PAIN / P																																								
Breast Tenderness																																								
Disturbances																																								
Fertile Days																																								
Sexual Intercourse																																								