

My cycle

	Cycle #										Month										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																																								
Bleeding																																								
Cervical fluid																																								
98.8°F																																								
98.7°F																																								
98.6°F																																								
98.5°F																																								
98.4°F																																								
98.3°F																																								
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97.3°F																																								
97.2°F																																								
97.1°F																																								
97.0°F																																								
Time taken																																								
Cervix (optional)																																								
Sleep / sick / alcohol																																								
Energy · mood · appetite																																								

Bleeding

H heavy · M medium · L light · S spotting

Cervical fluid

D dry · St sticky · Cr creamy · EW egg white (stretchy) · W watery

Temperature

Take it on waking, same time, before you get up. Put a dot in the row, then join the dots.

Cervix

F firm · S soft · L low · H high · C closed · O open

How to use your chart

Day 1 is the first day of your period. Start a new chart every cycle.

Every morning

Take your temperature as soon as you wake, before you sit up, drink anything or use the bathroom. Write down the time. Mark a dot in the row closest to your reading. If you were sick, drank alcohol the night before, or slept less than three hours in a row, note it in the "Sleep / sick / alcohol" row.

Every time you use the bathroom

Wipe before and after. Notice the sensation (dry, smooth, slippery) and look at the paper. Can you pick anything up? Does it stretch between your fingers? At the end of the day, write the most fertile kind you saw.

Your fertile window

- It begins when your fluid changes from dry to damp, sticky or creamy.
- Egg white, stretchy fluid means you're at your most fertile.

- Cervical fluid tells you you're approaching ovulation. It doesn't confirm it.

Confirming ovulation

A rise in your waking temperature that stays up for three days in a row confirms that you've ovulated. Count those days only if nothing else (illness, alcohol, short sleep) could have raised it.

Your cervix (optional)

Around ovulation it tends to be soft, high, open and wet. The rest of your cycle, firm, low and closed.

Beyond the three signs

Use the last row for your energy, mood, appetite, sleep and libido. Over a few cycles, these little notes tell your cycle's story.

When the signs don't match, consider yourself fertile. This chart is for education and self-awareness, not medical advice. You know your body best. Questions? Ask me under any lesson.