

# Fertility Awareness Chart

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Use this chart to track your fertile window by measuring basal body temperature and watching for changes in cervical mucus. Use a digital thermometer (recording to one decimal place) to take your temperature at the same time every morning. Observe cervical mucus appearance on toilet paper.

Date (week beginning)		WEEK 1: ___/___/___	WEEK 2: ___/___/___	WEEK 3: ___/___/___	WEEK 4: ___/___/___	WEEK 5: ___/___/___	WEEK 6: ___/___/___																																										
Day of Cycle (Day 1 is the first day of your period)		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								
Morning Basal Body Temperature (Celsius) (Graph along the dotted lines)	37.5																																																
	37.4																																																
	37.3																																																
	37.2																																																
	37.1																																																
	36.9																																																
	36.8																																																
	36.7																																																
	36.6																																																
	36.5																																																
	36.4																																																
	36.3																																																
36.2																																																	
36.1																																																	
36																																																	
Temperature Confounding Factors	Slept in																																																
	Poor sleep																																																
	Alcohol (day before)																																																
	Illness																																																
	Stress																																																
Cervical Mucus Appearance and Vulval Sensation	Unnoticeable or dry with no sensation																																																
	Unnoticeable or dry with damp sensation																																																
	Thick, white, sticky but not stretchy with damp sensation																																																
	Transparent and stretchy with wet, slippery sensation																																																
Additional Symptoms	Pain (score out of 10)																																																
	Emotions (score out of 10)																																																
	Sexual desire																																																
	Intercourse																																																
	Menstruation																																																
	Spotting																																																