



Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gyn. Age: \_\_\_\_\_ Note: \_\_\_\_\_

Temperature Method: \_\_\_\_\_ Time: \_\_\_\_\_ Cycle Range: \_\_\_\_\_ This Cycle: \_\_\_\_\_ Cycle Number: \_\_\_\_\_

Children - Male: \_\_\_\_\_ Female: \_\_\_\_\_ Miscarriage: \_\_\_\_\_ Earliest 6th Last Low: \_\_\_\_\_

Month																																									Month
Day																																									Day
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	Cycle Day
<b>Menses</b>																																									<b>Menses</b>
99.8																																									99.8
99.6																																									99.6
99.4																																									99.4
99.2																																									99.2
99.0																																									99.0
98.8	Sensation																																								98.8
98.6																																									98.6
98.4																																									98.4
98.2																																									98.2
98.0	Tissue																																								98.0
97.8																																									97.8
97.6																																									97.6
97.4																																									97.4
97.2	Cervix																																								97.2
97.0																																									97.0
96.8																																									96.8
96.6																																									96.6
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	Cycle Day
Descriptions	Breast Exam																																								Descriptions

1. Did you chart all - bleeding?\_\_\_\_ - tissue?\_\_\_\_ -sensation?\_\_\_\_ -cervix?\_\_\_\_ -disturbances (if any)?\_\_\_\_ -genital contact?\_\_\_\_  
 2. Did you number the final 6 lows?\_\_\_\_ Draw pre-rise base?\_\_\_\_ Mark Peak (if any)?\_\_\_\_ Encircle readings for S-T Rule (if any)?\_\_\_\_  
 What rules did you go by to assume fertility, and which days were infertile according to those rules?

1. Relatively Infertile Time Rule: \_\_\_\_\_ Infertile Days: \_\_\_\_\_

2. Completely Infertile Time Rule: \_\_\_\_\_ Infertile Days: \_\_\_\_\_