My Body™ Fertility Awareness System

Month_____ Usual Temperature Time_____ Number of Days in this Cycle_____

↓ First Day of Menstruation 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
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Date: Day																																								
Intercourse																																								
Mucus: Stretching																																								
Mucus: Slippery																																								
Mucus: Creamy																																								
Mucus: Sticky																																								
Mucus: Dry																																								
Period / Ferning																																								
Special Circumstances & Notes																																								