natural fertility NZ
te whakato kakano tatau aotearoa

Month _____

DATE																																			
Description of Mucus																																			
Sensation																																			
Day of 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
37.0																																			
.9																																			
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CERVIX																																			

Total cycle length **Post Ovulatory phase of this cycle is:**

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