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		
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.2																																					
.1																																					
36.0																																					
CERVIX																																					

Total cycle length

Post Ovulatory phase of this cycle is:

These charts are designed to be used only by clients of Natural Fertility New Zealand who have been taught the Sympto-Thermal Method of charting by an accredited Fertility Educator

Month _____

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