Menstrual cycle chart

Month/Year																																													
Date																																													
Time of taking temperature																																													
TEMPERATURE	37.4°C																																												
	37.3																																												
	37.2																																												
	37.1																																												
	37																																												
	36.9																																												
	36.8																																												
	36.7																																												
	36.6																																												
	36.5																																												
	36.4																																												
	36.3																																												
	36.2																																												
	36.1																																												
	36°C																																												
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	36	37	38	39	40			
MUCUS & CERVICAL SECRETIONS	Mark day of period	X																																										
	Dry, no secretions																																												
	White, sticky																																												
	Clear, stretchy																																												
CERVICAL CHANGES	High,open and soft																																												
	Low, closed, firm																																												
OTHER NOTES	Any other points to note, such as late or disturbed night																																												

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