Name:_____

Month:_____

Number of Days in Cycle:____

OVULATION CYCLE CHART

Shire Natural Fertility & Burraneer Wellness

Please note this information is strictly confidential

Date																																									
Day of Week																																									
Day (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
Temperature	37.3																																								
	37.2																																								
	37.1																																								
	37.0																																								
	36.9																																								
	36.8																																								
	36.7																																								
	36.6																																								
	36.5																																								
	36.4																																								
	36.3																																								
	36.2																																								
	36.1																																								
	36.0																																								
	35.9																																								
	35.8																																								
	35.7																																								
	36.6																																								
	36.5																																								
Conditions Affecting Temperature																																									
Cervical Mucus	Texture																																								
	Amount																																								
Pain (period or mid-cycle)																																									
Emotional State/PMT																																									
Sexual Desire																																									
Intercourse																																									
Bleeding		X																																							