

Occurences Unusal/special disturbances	Time	sensiPLAN																																																									
		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																		
Midcycle pain	37,5																																																										
Breast symptoms	37,4																																																										
	37,3																																																										
	37,2																																																										
Mucus abbreviation	37,1																																																										
	37,0																																																										
Basal body temperature	36,9																																																										
	36,8																																																										
	36,7																																																										
	36,6																																																										
	36,5																																																										
	36,4																																																										
	36,3																																																										
	36,2																																																										
	36,1																																																										
	36,0																																																										
Cycle day		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																		
Date:																																																											
Menstruation																																																											
Mucus	Sensation																																																										
	Appearance																																																										
Cervix	Position and opening																																																										
	Firmness																																																										
Intercourse																																																											
Fertile Days																																																											

Cycle-no:°

Temperature taken
rectal
vaginal
orally

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Do you intend to become pregnant in this cycle?
yes
no
undecided