



MENSTRUAL CYCLE & OVULATION CHART

CYCLE: WEEK: 1 2 3 4 5	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:	DATE:
<i><u>Period</u></i> ~ OR ~ <i><u>Fertile CF:</u></i>							
<i><u>Physical Signals</u></i>							
<i><u>Emotional Signals</u></i>							
<i><u>Other</u></i>							

PERIOD: S (*spotting*) L (*light*) M (*medium*) H (*heavy*)

FERTILE CF DESCRIPTIONS:

tacky, sticky, creamy, gummy, egg whites, watery ... other:

PHYSICAL SIGNALS:

BT (*breast tenderness*) Zz (*tired*) H.E (*high energy*) O (*ovulation pain*) Cr (*cramps*) ... other:

EMOTIONAL SIGNALS:

Ex (*extraverted*) In (*introverted*) M (*moody*) Ir (*irritable*) ☺ / ☹ ... other

