Fertility Chart

Month, year_____ Usual Temperature Time_____ Number of days in this cycle_____

Day of the 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
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Stretching																																								
Slippery																																								
Creamy																																								
Sticky																																								
Wet/Dry																																								
Bleeding																																								
Intercourse																																								
Sexuality																																								
Mood																																								
Activity																																								
Self Image																																								
Notes																																								

Pregnancy Intention This cycle___ Within 2 years___ After 2 years___ No further pregnancy___

S (12 months) - 21 = ___ **Probable Day of Ovulation___** **Natal Lunar Phase___**

Sexuality	Mood	Physical Activity Level	Self Image
5. Very interested - seeking opportunities	5. Radiantly serene, happy and capable	5. Very energetic-capable of high levels of activity	5. Feeling gorgeus, enjoying self image and body
4. Aware and appreciative of sexuality	4. Calm, coping well	4. Feeling good, with efficient use of time, graceful movement	4. Little but postive self-conscious thought
3. 'Average'	3. 'Average'	3. 'Average'	3. 'Average'
2. Decreased response - needs time for arousal	2. Short tempered, foggy or forgetful	2. Low energy, needing rest	2. Preoccupied and negatively self-conscious
1. Feeling asexual - no interest in sex - negative or hostile	1. Irritable, withdrawn-dislike company. Argumentative and brutally honest	1. Very low energy-want to be in bed.	1. Very introspective-careless or depressed about appearance