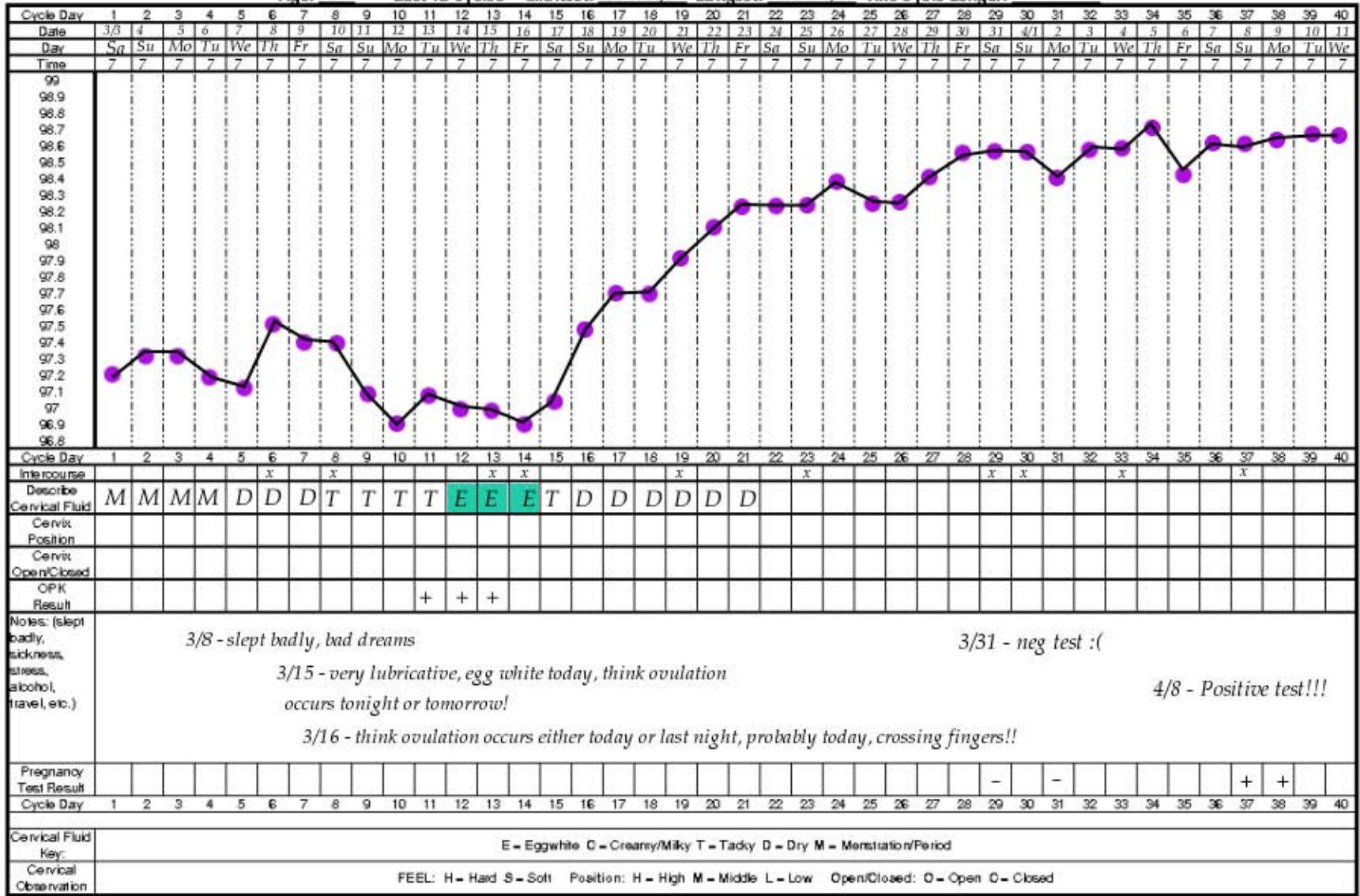


Fertility Chart for the Month of: March-April 2007

Age: 25 Last 12 Cycles - Shortest: 26 days Longest: 29 days This Cycle Length:



- <-- Fill out basic info here - easy!
- <-- Enter the time you take your temp here
- Graph your daily temperature here.
- <-- Just put a dot where your temp and the current day meet!
- You can connect the dots if you'd like :)
- Note if you have intercourse
- Note your cervical fluid (mucous) - use the key at the bottom of the chart
- You can also enter cervix position and Ovulation Predictor Kit (OPK) results
- Use this large area to note anything you feel important to your chart.
- Take a pregnancy test? Note the result!
- Key for filling in your chart

Sample chart courtesy of www.NaturalBirthandBabyCare.com