

Fertility Chart for the Month of: _____

Age: _____ Last 12 Cycles -- Shortest: _____ Longest: _____ This Cycle Length: _____

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																																									
Day																																									
Time																																									
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98.9	98.9																																								
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Intercourse																																									
Describe Cervical Fluid																																									
Cervix Position																																									
Cervix Open/Closed																																									
OPK Result																																									
Notes: (slept badly, sickness, stress, alcohol, travel, etc.)																																									
Pregnancy Test Result																																									
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Cervical Fluid Key:	E = Eggwhite C = Creamy/Milky T = Tacky D = Dry M = Menstruation/Period																																								
Cervical Observation	FEEL: H = Hard S = Soft Position: H = High M = Middle L = Low Open/Closed: O = Open C = Closed																																								