

Age: 27 Cycle # 50 Month: 03 Year: 2013 Shortest: 28 Longest: 30 Last Cycle Length: 28 This Cycle Length: 29 Luteal Length: 14

Cycle Day	Week Day	Date	♥	Symbol	Sensation	Cervical Fluid Description	CVX	F.M.S.	Notes	Temp Time #	Temp Count	
1	M	3/4		*		heavy red flow			light cramps			96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
2	T	5		*		medium red flow				8		96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
3	W	6	♥	*		medium red flow						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
4	R	7		(*)	D	light spots red						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
5	F	8	♥	(*)	D	light spots red				6		96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
6	o	9		-	D	Nothing	o	F				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
7	o	10		-	D	"	o	F				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
8	M	11	♥	-	D	"	o	F				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
9	T	12		-	D	"	o	F				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
10	W	13		M	W	opaque lotion 1x AM	o	M				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
11	R	14		M	W	thick opaque cream AD	o	M				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
12	F	15	o	M	W	thick 6" streaked 2x	o	M				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
13	o	16		(M)	L	6" clear less thick AD	o	S				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
14	o	17	o	(M)	L	5" clear thinner 2x	o	S				96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
15	M	18		M	D	sticky 1x AM	o	M	abd pain			96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
16	T	19		2	D	nothing	o	F		1		96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
17	W	20		3	D	"	o	F		2		96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
18	R	21	♥	4	D	"	o	F		9	3	96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
19	F	22	♥	-	D	"						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
20	o	23		-	D	"						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
21	o	24		-	D	"						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
22	M	25		-	D	"						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
23	T	26	♥	LM	D	yellowy cream 1x						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
24	W	27		-	D	nothing						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
25	R	28		-	D	"			craving chocolate!	6		96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
26	F	29		-	D	"						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
27	o	30		-	D	"						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
28	o	31	♥	LM	M	tacky stretch cloudy 1x						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
29	M	4/1	♥	LM	W	lots of creamy thick 2x						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
30	T	2				new cycle						96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
31												96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
32												96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
33												96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
34												96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
35												96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9
36												96 1 2 3 4 5 6 7 8 9 97 1 2 3 4 5 6 7 8 9 98 1 2 3 4 5 6 7 8 9

* (*) - M (M) (M) LM I 1,2,3...
Menses Spotting Nothing Present Cervical Fluid Peak Cervical Fluid Peak Day Luteal Mucus Infertile BIP Any +4's

♥ Unprotected intercourse
♡ +Letter to denote protected intercourse
○ No genital-genital contact