

NATURAL FAMILY PLANNING CHART

Month _____ Year _____ Time Temp. Taken _____ Cycle ____ (days) Weight _____

Day of 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	
Day of Week																																			
Day of Month																																			
Headache?																																			
Tender Breast?																																			
Cramps?																																			
Intercourse?																																			
Bleeding																																			
Mucus																																			
Mood																																			
Cervical Os																																			
Consistency																																			
Height																																			
99.0																																			
98.5																																			
98.0																																			
97.5																																			
97.0																																			
Comments																																			

MUCUS:

D - dry sensation, absence of mucus
 W - wet sensation, white or cloudy mucus
 (W) - slippery, stretchy, like raw egg white
 T - tacky, sticky, thick, opaque

CERVIX:

Cervical Os (opening) - -- o O ()
 Consistency - S = soft, F = firm
 Height - Low = ↓, High = ↑

MOOD:

Good Mood = :-), Bad Mood = :-(

BLEEDING/MENSES:

S - slight, M - moderate, H - Heavy