

CHART No **9**
 Name Xxx
 Age 27

Thermometer digital
 Time 07:00
 Route orally

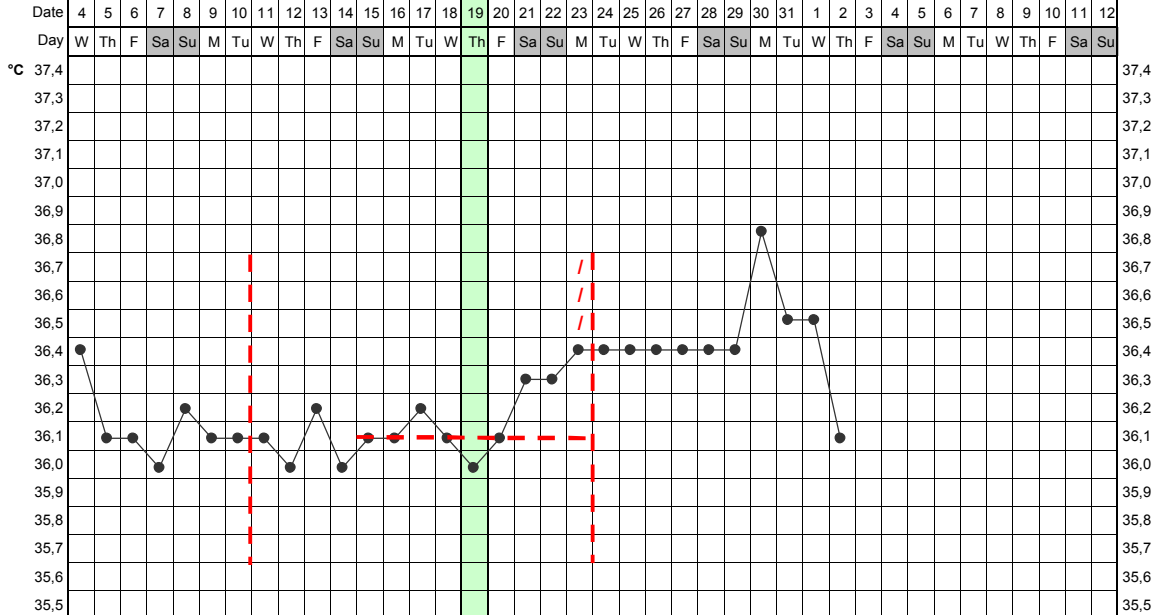
Temperature rise in last cycle? **YES**

Shortest cycle in last 2 years **23**

Longest cycle in last 2 years **35**

Doering Rule **7**

Month & Year **2011 May** **June**



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												
Disturbances																X																																				
Period	X	X	X	X																																																
Spotting					X	X																																														
Sensation: dry									X	X																X																										
Colour: no mucus seen									X	X															X																											
Sensation: moist/damp											X									X	X	X			X	X	X	X	X	X	X																					
Colour: white																																																				
cloudy/opaque										X	X								X	X	X			X	X	X	X	X	X	X																						
Type: milky/creamy									X	X																																										
clotty/crumblly/pasty																			X	X				X					X	X	X																					
tacky/gluey/elastic																		X		X				X	X	X	X																									
Sensation: wet											X	X	X	X	X	X	X	X																																		
Colour: cloudy/clear											X	X	X	X	X																																					
clear/transparent																																																				
Type: slippery/slimmy/strechy											X	X	X	X	X																																					
like raw egg white																																																				
Peak day																	16																																			
Amount of mucus																																																				
Pain, bloated tummy																																																				
Rectal pressure																																																				
Breast changes																																																				
Fertile days	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												
Intercourse																																																				
Cervix: Firm or Soft																																																				
High or Low																																																				
Closed or Open																																																				

Mucus	Temperature	Cervix
Onset of first mucus symptom CD 9	First temperature above cover line CD 18	First fertile change of cervix CD
Onset of highly fertile mucus CD 11	3rd raised temperature CD 20	First day reverting to infertile CD
PEAK day CD 16	Shift of 0,2 or above? YES	
PEAK + 3 CD 19	If not, wait 4th raised temperature!	Length of this cycle 29

Day of the cycle	Temperature	Weight	Disturbances
1	W	36,4	
2	Th	36,1	
3	F	36,1	
4	Sa	36,0	
5	Su	36,2	
6	M	36,1	
7	Tu	36,1	
8	W	36,1	
9	Th	36,0	
10	F	36,2	
11	Sa	36,0	
12	Su	36,1	
13	M	36,1	
14	Tu	36,2	9am-0,1
15	W	36,1	
16	Th	36,0	
17	F	36,1	
18	Sa	36,3	
19	Su	36,3	
20	M	36,4	
21	Tu	36,4	
22	W	36,4	
23	Th	36,4	
24	F	36,4	
25	Sa	36,4	
26	Su	36,4	
27	M	36,8	
28	Tu	36,5	
29	W	36,5	
30	Th	36,1	
31	F		
32	Sa		
33	Su		
34	M		
35	Tu		
36	W		
37	Th		
38	F		
39	Sa		
40	Su		