

Fertility Chart



Name _____ Date _____

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	35		
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Vaginal fluids																																					
Intercourse																																					

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| Abbreviations | Mucous | |
| P Pain | D Dry | T Tacky, thick |
| C Cervix soft & high | W Wet | FL Flaky |
| S Sick | | EW Slippery |

Keep a diary of life style changes, facial skin, bloating, tender breasts.