

Month and year	March											April																																																					
	Date		8		9		10		11		12		13		14		15			16		17		18		19		20		21		22		23		24		25		26		27		28		29		30		31		1		2		3		4		5		6		7	
	Day		W		T		F		S		S		M		T		W			T		F		S		S		M		T		W		T		F		S		S		M		T		W		T		F															
Notes and comments	°C		37.1																																														37.1																
			37.0																																															37.0															
			36.9																																																36.9														
			36.8																																																	36.8													
			36.7																																																	36.7													
			36.6																																																	36.6													
			36.5																																																		36.5												
			36.4																																																		36.4												
			36.3																																																			36.3											
	Sexual intercourse	Circle 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																																
Cervical Secretions	Wet, slippery, clear, stretchy																																																																
	Moist, white, cloudy, sticky																																																																
	Dry. No secretions seen or felt																																																																
	Period																																																																
Cervix	High, soft, open																																																																
	Low, firm, closed																																																																
Fertility devices	Use of test sticks																																																																

Fertility indicator chart

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