Length last cycle:	Earliest 1st higher reading in previous cycles:		Temperature taken: ☐ rectally ☐ vaginally ☐ orally	Chart Nr:
	minus 8:		Usual time of measurement:	Month/year:
Length shortest cycle:	Earliest 1st higher reading in this cycle:		Thermometer:	

Cycle Day	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
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Cycle Day	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
Cervix																																								
Ovulation Pain **B**reast Symptom																																								

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