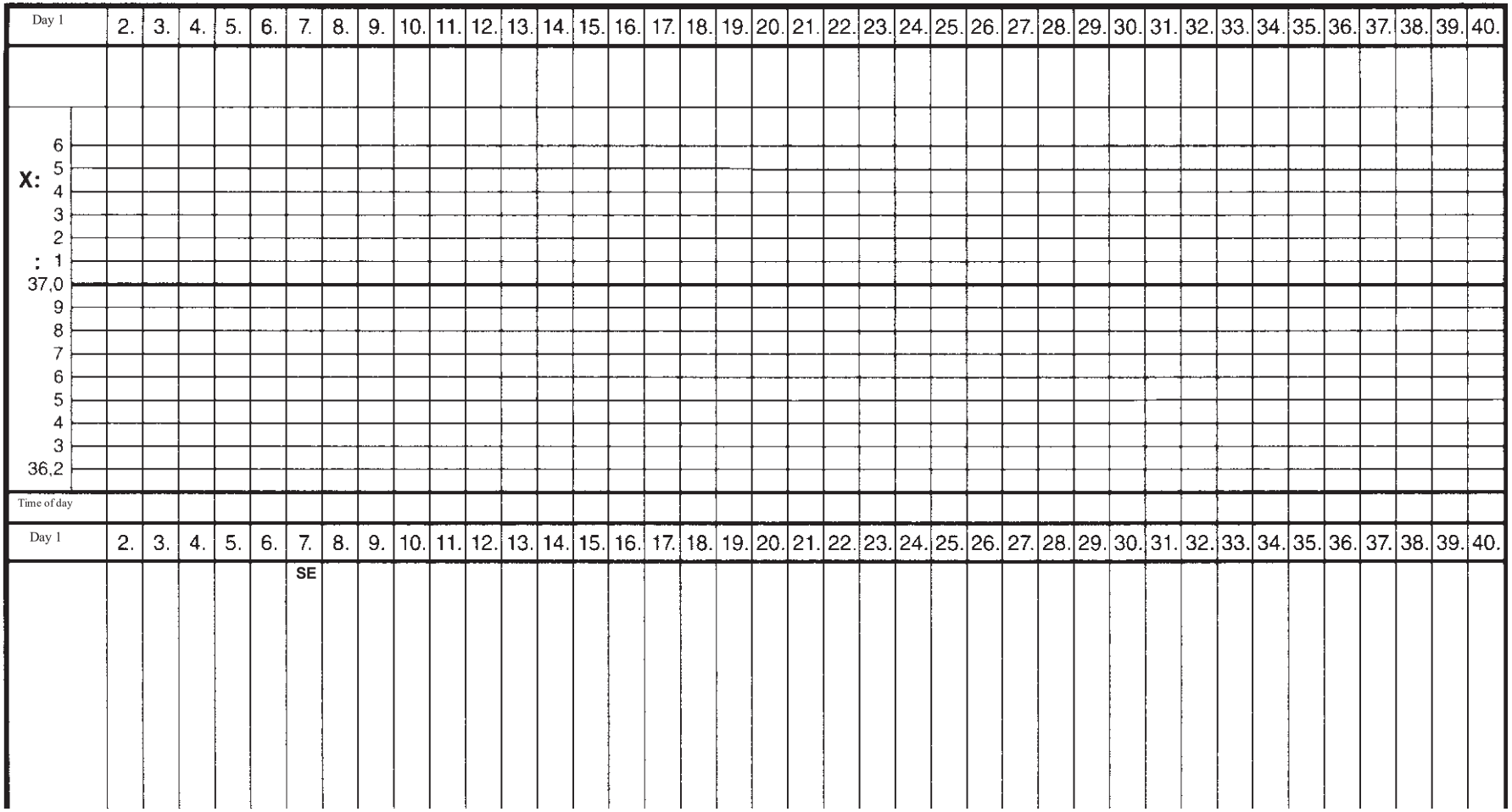
Name: Date of birth: Chart no.:

Number of previously observed cycles: Shortest cycle: Earliest 1st encircled higher reading:



Do you use a digital thermometer?
Method: rectally? ☐; vaginally? ☐; orally? ☐ Which one?

Time of day = time which differs greatly from the usual time of taking temperature (or if after 7.30 a.m.). If you do the self-examination of the cervix, record this at the bottom of the chart, where there are no more temperature lines. Or you can use this space to describe the cervical mucus (write it across the chart).

SE = self-examination of the breast (preferably after menstruation.

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