CHART FOR ONE CYCLE - Emma Sutherland www.healthequalsvitality.com.au

Date																																										
Day (of Week)																																										
Day (in 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
Lunar Peak																																										
Temperature deg. C (Basal temp raises by 1 box each 30mins) Usual rising time __:__hrs																																										
37.3																																										
37.2																																										
37.1																																										
37.0																																										
36.9																																										
36.8																																										
36.7																																										
36.6																																										
36.5																																										
36.4																																										
36.3																																										
36.2																																										
36.1																																										
36.0																																										
conditions affecting temperature																																										
Mucus changes: texture																																										
Mucus changes: colour																																										
Mucus changes: amount																																										
Mucus changes: external sensation																																										
secondary symptoms: cervix changes																																										
secondary symptoms: pain																																										
secondary symptoms: headaches																																										
secondary symptoms: nausea/vomiting																																										
secondary symptoms: bowel																																										
secondary symptoms: skin																																										
secondary symptoms: breasts																																										
secondary symptoms: **Intercourse**																																										
secondary symptoms: **Bleeding**																																										
secondary symptoms: emotional state/ pmt																																										
secondary symptoms: food cravings																																										
secondary symptoms: sexual desire																																										