Fertility Awareness Chart

Name

Month

Date																																									
37.5																																									37.5
37.4																																									37.4
37.3																																									37.3
37.2																																									37.2
37.1																																									37.1
37																																									**37**
36.9																																									36.9
36.8																																									36.8
36.7																																									36.7
36.6																																									36.6
36.5																																									36.5
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36.3																																									36.3
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35.6																																									35.6
35.5																																									35.5
35.4																																									35.4
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	36	37	38	39	40	0

Fertile Mucus

Disturbances

Note Day 1 is the first day of your period