Name ----------

Month & Year ----------

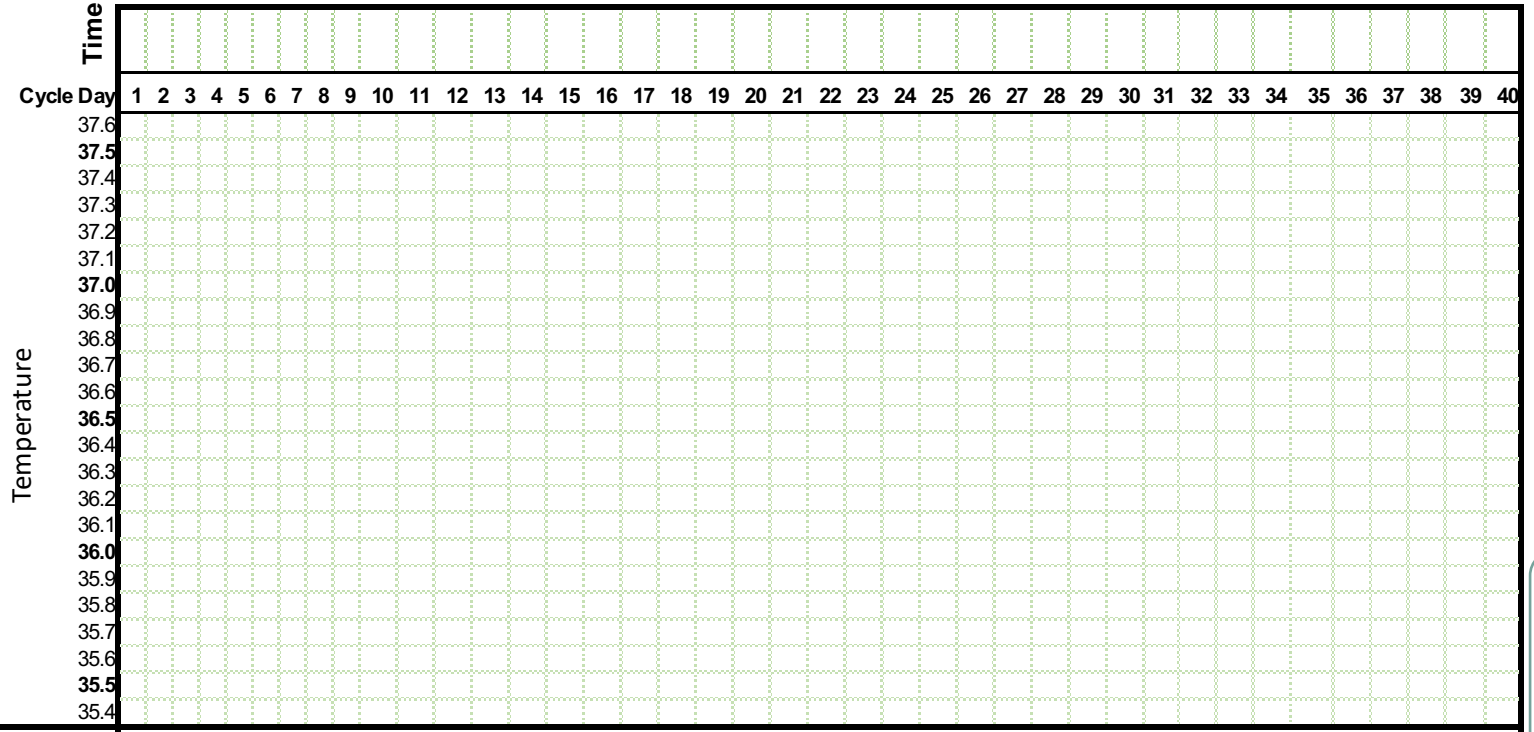
Basal Body Temperature

Cycle Number ----------

Temp Taken O ☐ V ☐ R ☐

Notes, symptoms & disturbances……..

JUSTINE HANKIN acupuncture
A HOME FOR WOMEN'S HEALTH



		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
	Cycle Day	
	Date	
	Menstruation	
Mucus	Wet, slippery, transparent, stretchy	
	Moist, white, cloudy, sticky	
	Dry, no secretions seen or felt	
Cervix	Position and opening	
	Firmness	
	Sexual intercourse	
	Fertile days	

Key

Temp
O - Oral
V - Vaginal
R - Rectal

Flows
S - Spotting
L - Light
M - Medium
H - Heavy

Cervix
● - Closed
O - Open
F - Firm
S - Soft

Sex
x - Unprotected
(x) - Protected

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