



Taking the guess work out of conception

Month	Longest Cycle Length										Shortest Cycle Length										This Cycle's Length																													
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	41	42	43	44	45					
Date																																																		
BBT Time																																																		
BASAL BODY TEMPERATURE (°C)	37.5																																																	
	37.4																																																	
	37.3																																																	
	37.2																																																	
	37.1																																																	
	37.0																																																	
	36.9																																																	
	36.8																																																	
	36.7																																																	
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Cervical Fluid																																																		
Cervical Position																																																		
Cervical Opening																																																		
Cervical Firmness																																																		
OPK/LH Surge																																																		
Period/Spotting																																																		
Cramps																																																		
Sore Breasts																																																		
Intercourse																																																		
Pregnancy Test																																																		

**KEY**

Cervical Fluid	D - Dry	S - Sticky	C - Creamy	W - Watery	E - Eggwhite
Cervical Position	L - Low	M - Medium	H - High		
Cervical Opening	C - Closed	M - Medium	O - Open		
Cervical Firmness	F - Firm	M - Medium	S - Soft		
OPK/LH Surge	+ Positive	- Negative			
Period/Spotting	S - Spotting	L - Light Flow	M - Medium Flow	H - Heavy Flow	
Cramps	Y - Yes	N - No			
Sore Breasts	Y - Yes	N - No			
Intercourse	Y - Yes	N - No			
Pregnancy Test	+ Positive	- Negative			