

MONTH / YEAR																																									
99.2°F	37.20°C																																								
99.1°F	37.15°C																																								
99.0°F	37.10°C																																								
98.9°F	37.05°C																																								
98.8°F	37.00°C																																								
98.7°F	36.95°C																																								
98.6°F	36.90°C																																								
98.5°F	36.85°C																																								
98.4°F	36.80°C																																								
98.3°F	36.75°C																																								
98.2°F	36.70°C																																								
98.1°F	36.65°C																																								
98.0°F	36.60°C																																								
97.9°F	36.55°C																																								
97.8°F	36.50°C																																								
97.7°F	36.45°C																																								
97.6°F	36.40°C																																								
97.5°F	36.35°C																																								
97.4°F	36.30°C																																								
97.3°F	36.25°C																																								
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96.8°F	36.00°C																																								
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
PERIOD (B) / SPOTTING (SP)																																									
MUCUS	SENSATION Dry / Moist / Wet																																								
	APPEARANCE Colour / Consistency																																								
	MUCUS QUANTITY 1-3																																								
CERVIX	POSITION OPENING																																								
	FIRM (FM) / SOFT (S)																																								
PAIN I/P																																									
Breast Tenderness																																									
Disturbances																																									
Fertile Days																																									
Sexual Intercourse																																									



NATURAL FAMILY PLANNING TEACHERS' ASSOC. OF IRELAND (NFPTAI)

NAME _____

CHART NO.

QUERY TEMP RISE
IN LAST CYCLE ?

CALENDAR RULE

SHORTEST CYCLE MINUS 20/21

LAST DAY OF MENSTRUAL BLEEDING

MUCUS

DAY OF ONSET OF FIRST MUCUS SYMPTOM

DAY OF ONSET OF 'MORE-FERTILE' MUCUS

PEAK DAY

PEAK +3

TEMPERATURE

3RD DAY OF TEMPERATURE ABOVE COVERLINE

SHIFT OF 0.2°C OR 0.4°F ABOVE COVERLINE

IF NOT, WAIT FOR 4TH RAISED TEMP.

CERVIX

FIRST FERTILE CHANGE OF CERVIX

MAXIMUM CERVIX

FIRST DAY REVERTING TO INFERTILE

CYCLE DATA

LENGTH OF CYCLE

LONGEST CYCLE LENGTH
(IN LAST 6-12 MONTHS)

SHORTEST CYCLE LENGTH
(IN LAST 6-12 MONTHS)

THERMOMETER: DIGITAL CENTIGRADE / FAHRENHEIT

USUAL TIME TAKEN: _____ ROUTE: ORAL / RECTAL

New thermometer (NT), alcohol (A), late (L), early (E), disturbed night (D), unwell (U), travel (T), holidays (H), cystitis (C), thrush (Th), medicine (M), stress (S)