NATUROPATHY
HOMEOPATHY
PRECONCEPTION CARE
SALIVA HORMONE TESTING
HAIR MINERAL ANALYSIS

Name: _____

PerthNaturalFertility.com

Chart for one cycle

Month: _____

DATE																																									
DAY OF WEEK																																									
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
LUNAR PEAK																																									
BASAL TEMPERATURE (°C)	37.3																																								
	37.2																																							
	37.1																																							
1. Use a basal thermometer and place it by your bed before	37.0																																							
	36.9																																							
2. Upon waking, place the thermometer in the mouth for a full 10 seconds.																																								
	36.8																																							
3. Remain as still as possible, resting with the eyes closed.	36.7																																							
	36.6																																							
4. Record the temperature at the same tim everyday.																																								
	36.5																																							
5. **Basal temperature rises by 1 box every ½ hour.**	36.4																																							
	36.3																																							
	36.2																																							
Usual rising time ___:___hrs																																								
	36.1																																							
	36.0																																							
Other Notes:																																								
Poor Sleep																																								
Alcohol																																								
Illness																																								
Mucus Changes Texture																																								
Mucus Changes Colour																																								
Mucus Changes Amount																																								
Cervix changes																																								
Pain (period or mid-cycle)																																								
Headaches																																								
Bowel																																								
Breast tenderness																																								
Fluid retention																																								
Emotional state/PMS																																								
Skin																																								
Food cravings																																								
Sexual Desire																																								
IINTECOURSE																																								
BLEEDING																																								