Cycle Chart

Make some photokopies befor use.

Name/code: _____ **Cycle Nr.:** _____

Birthdate: _____ **Earliest Peak Day observed:** _____

Peak Day of this cycle: _____ **shortest cycle:** _____

Temp.: O _____ **V**_____ **R** _____

Time: _____

Cycle Range: _____

Children: M _____ **W** ____ **MC** _____

☐ **In this cycle I want to be pregnant**

☐ **I want to avoid pregnancy**

☐ **I am indifferent**

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
Menses																																									
°C 37.8 / °F 2																																								
7 / 100.0																																								
6 / 8																																								
5 / 6																																								
4 / 4																																								
3 / 2																																								
2 / 99.0																																								
1 / 8																																								
37.0 / 6																																								
9 / 4																																								
8 / 2																																								
7 / 98.0																																								
6 / 8																																								
5 / 6																																								
4 / 4																																								
3 / 2																																								
2 / 97.0																																								
1 / 8																																								
36.0 / 6																																								
9 / 4																																								
Sex life																																								
Sensation																																								
Peak Day																																								
Tissue																																								
Bioself indications																																								
Cervix																																								
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Yr/Date																																								
Descriptions						**Breast exam**																																		

FONDATION SYMPTO THERM

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This chart is like a value paper: keep it on a safe place!