Month: _____

Year: _____

Temperature °C

37.5 .4 .3 .2 .1 37.0 .9 .8 .7 .6 36.5 .4 .3 .2 .1 36.0

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	41	42
Date:																																										
Menstruation: ✗ Spotting: ✓																																										
Drugs: _____																																										

Month: _____

Year: _____

Temperature °C

37.5 .4 .3 .2 .1 37.0 .9 .8 .7 .6 36.5 .4 .3 .2 .1 36.0

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	41	42
Date:																																										
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