

NATURAL FAMILY PLANNING CHART

Basal Body Temperature (BBT) and Cervical Mucus

Name: _____

Dates from _____ / _____ / _____ to _____ / _____ / _____

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	
Day of Week																																														
Date																																														
Time																																														
Headache?																																														
Tender Breast?																																														
Cramps?																																														
Intercourse?																																														
Bleeding																																														
Mucus																																														
Mood																																														
Cervical Os Size																																														
Consistency																																														
Height																																														
99.1																																														
99.0																																														
98.9																																														
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96.9																																														
Comments:																																														
List any changes to your routine.																																														

Fahrenheit version

Weight: _____ optional

DAY OF WEEK:

SMTWFRS

BLEEDING/MENSES:

S=slight

M=moderate

H=heavy

MOOD:

Good Mood = ☺

Bad Mood = ☹

CERVICAL MUCUS:

D=dry sensation

W=wet sensation

(W)=wet, clear like raw egg white

T=sticky, sticky, thick, opaque

CERVIX:

Cervical Os (opening): - o O ()

Consistency: S=soft, F=firm

Height: Low = ⬇

High = ⬆