

NATURAL FAMILY PLANNING CHART

Month/Year _____/____

Date																																												
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																																												
Temperature (BBT)	99.1																																											
	99																																											
	98.9																																											
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Cervical Mucus																																												
Cervix Exam																																												
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Other Notes																																												
Instructions:																																												
Menses	To record your period in a box: X = Bleeding S = Spotting																																											
BBT	Mark your temperature reading with a dot in the appropriate box. Connect the dots each day. Circle the dot if you have intercourse.																																											
Cervix mucus	Record mucus findings as follows: W = Watery T = Thin C = Clear S = Stretchy G = Thick or gummy D = Cloudy Amount: H = Heavy M = Moderate S = Small																																											
Cervix exam	Record cervix exam: S = Soft O = Open entrance H = Position is high in vagina F = Firm C = Closed entrance L = Position is low in vagina																																											