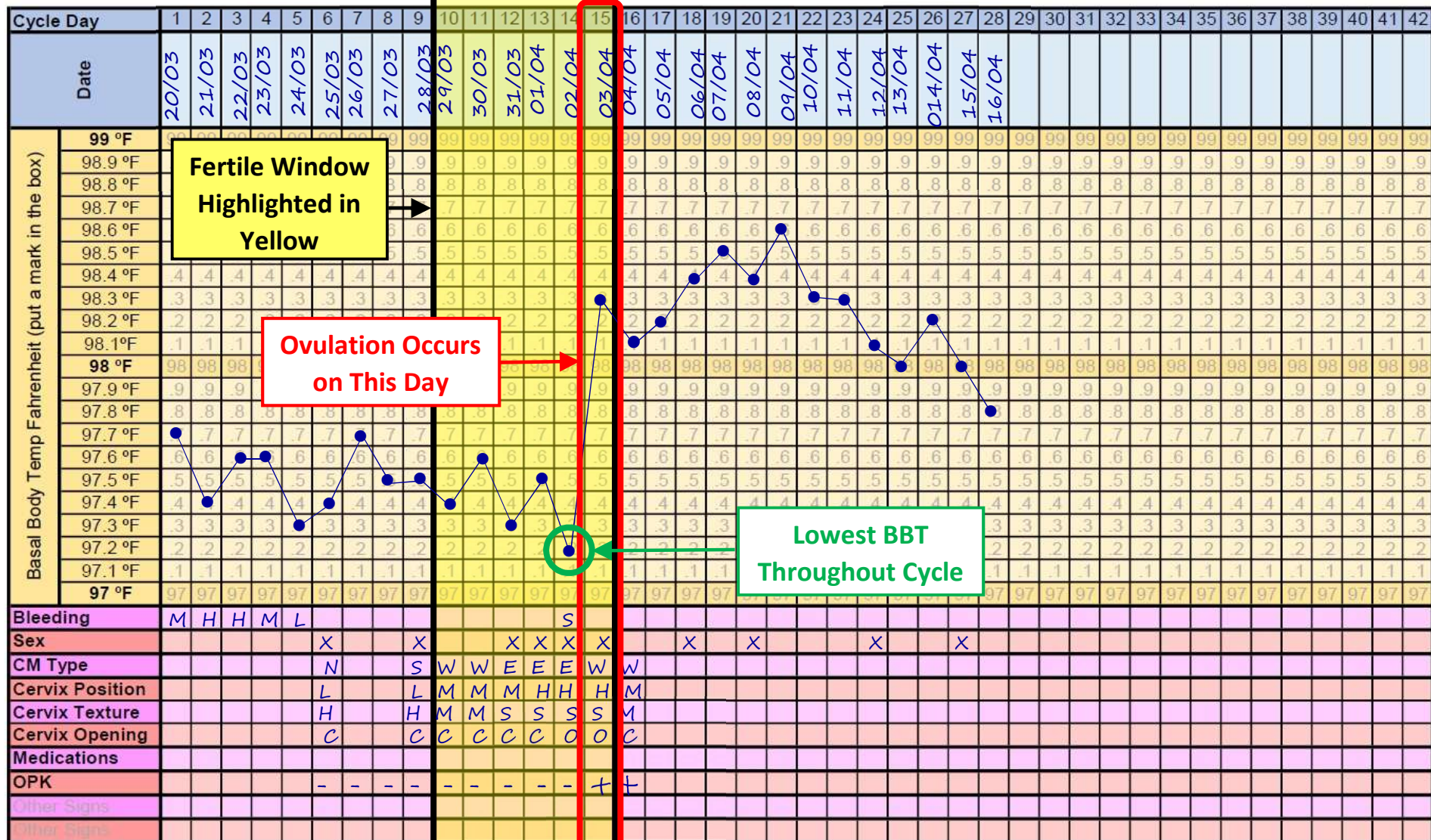


Month *March - April* Year *2017* Cycle N° *1*

ConceptionAdvice.com



Fertile Window Highlighted in Yellow

Ovulation Occurs on This Day

Lowest BBT Throughout Cycle

Bleeding
H = Heavy
M = Medium
L = Light
S = Spotting

Cervical Mucus (CM) Type
N = None
S = Sticky
W = Watery
E = Egg White

Cervix
Position: H = High, M= Medium, L = Low
Texture: H = Hard, M= Medium, S = Soft
Opening: C = Closed, P= Partially, O = Open

Add mark where appropriate
Sex
Medications
Ovulation Prediction Kit (OPK)