

MENSTRUAL TRACKING AND BASAL BODY TEMPERATURE READING

NAME: _____

N.D. / INTERN: _____

MONTH: _____

YEAR: _____

NUMBER: _____

MENSTRUATION																																								
SPOTTING																																								
MUCOUS																																								
SENSATION																																								
APPEARANCE																																								
ODOUR																																								
ABDOMINAL PAIN																																								
SENSITIVE BREASTS																																								
INFECTION																																								
DISCOMFORT																																								
INTERCOURSE																																								
OTHER SYMPTOMS																																								
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
DAY OF MONTH																																								

TEMPERATURE

- VAGINAL
- RECTAL
- ORAL



SENSATION

- D. DRY
- M. MOIST
- W. WET
- L. LUBRICATION

APPEARANCE

- O. OPAQUE
- TR. TRANSPARENT
- C. CLOUDY
- TH. THREADY
- LQ. LIQUID
- WH. WHITE
- Y. YELLOW

ODOUR

- N. NONE
- F. FISHY
- E. EGG / SU
- Y. YEAST
- S. SOUR
- A. ACRID
- SW. SWEET

C																																									F
37.3																																									99.1
37.2																																									99.0
37.1																																									98.8
37.0																																									98.6
36.9																																									98.4
36.8																																									98.2
36.7																																									98.1
36.6																																									97.9
36.5																																									97.7
36.4																																									97.5
36.3																																									97.3
36.2																																									97.2
36.1																																									97.0
36.0																																									96.8
35.9																																									96.6
35.8																																									96.4
35.7																																									96.3

PLEASE KEEP YOUR CHARTS ON RECORD

COMMENTS