

# MENSTRUAL TRACKING AND BASAL BODY TEMPERATURE READING

NAME: \_\_\_\_\_

N.D. / INTERN: \_\_\_\_\_

MONTH: \_\_\_\_\_

YEAR: \_\_\_\_\_

NUMBER: \_\_\_\_\_

<b>MENSTRUATION</b>																																									
<b>SPOTTING</b>																																									
<b>MUCOUS</b>																																									
<b>SENSATION</b>																																									
<b>APPEARANCE</b>																																									
<b>ODOUR</b>																																									
<b>ABDOMINAL PAIN</b>																																									
<b>SENSITIVE BREASTS</b>																																									
<b>INFECTION</b>																																									
<b>DISCOMFORT</b>																																									
<b>INTERCOURSE</b>																																									
<b>OTHER SYMPTOMS</b>																																									
<b>DAY OF CYCLE</b>	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	
<b>DAY OF MONTH</b>																																									
<b>C</b>																																									<b>F</b>
37.3																																									99.1
37.2																																									99.0
37.1																																									98.8
37.0																																									98.6
36.9																																									98.4
36.8																																									98.2
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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

**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

PLEASE KEEP YOUR CHARTS ON RECORD

COMMENTS