Cycle chart

Usual time you take temperature:

Chart start date:

Chart number:

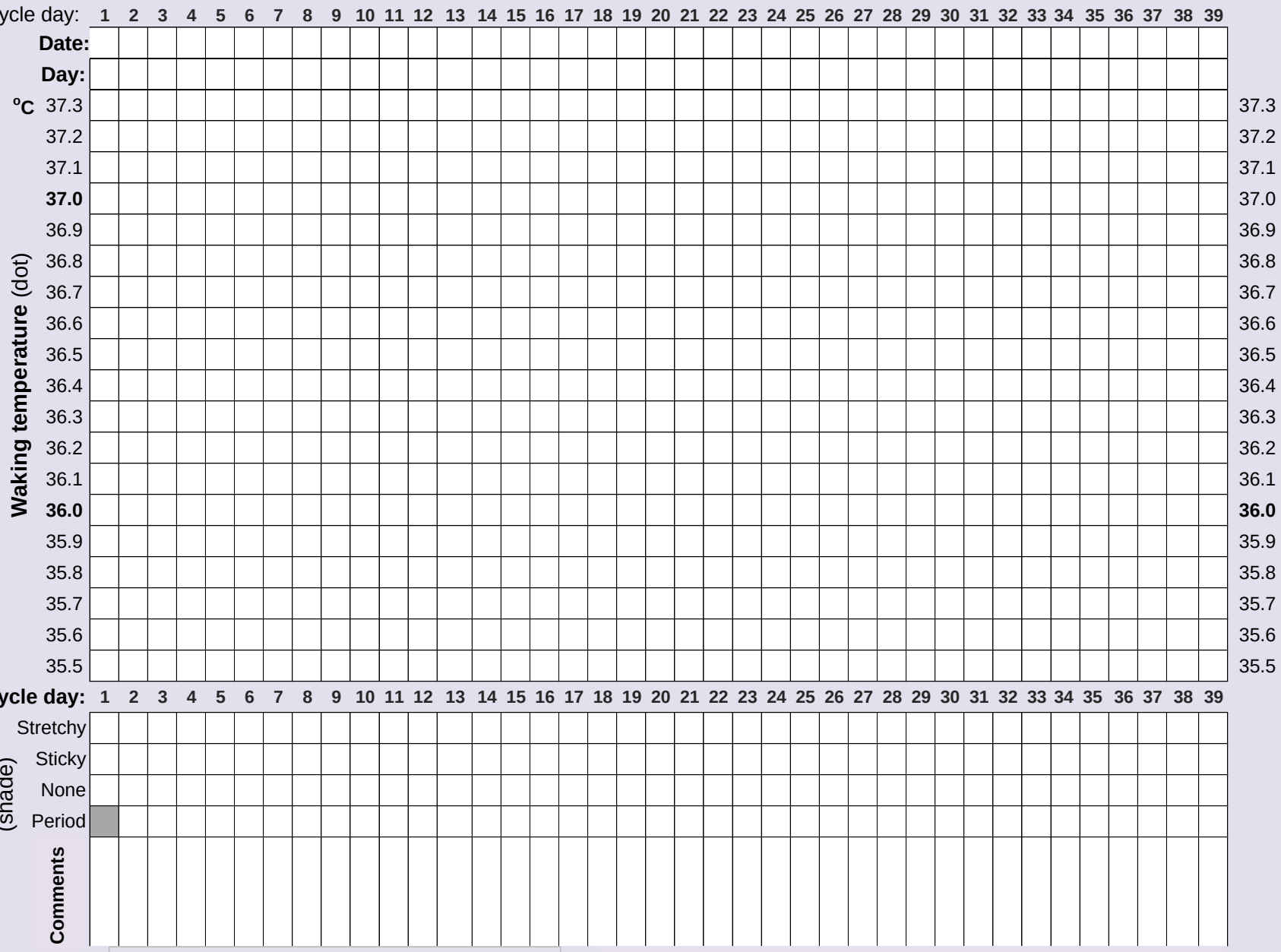
Your initials:

Age:

Shortest and longest cycles in last year (if known):

This cycle length:

General comments:



Note: If you prefer, you can use the more detailed Fertility UK chart that this chart is based on.