

# Cycle tracking: how to observe and record your data

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**Start a new cycle chart on day one of your period.** Day one is when you have enough bleeding to need a pad, tampon or menstrual cup. Shade relevant box and record any spotting before your period with ✱.

You can also record your information on [an app](#).

## Waking temperature

Take your temperature around the same time each morning, give or take 30 minutes. Do this after **at least three hours of sleep** and before you have a drink, get out of bed, or start talking.

1. To improve accuracy, place the thermometer in your mouth one minute before you turn it on.
2. To improve sleep, turn it off and remove from your mouth as soon as it beeps to indicate your temperature has been taken.
3. When you are ready to record it on your chart or app, turn the thermometer back on to see the most recent temperature.
4. To record your temperature, draw a **dot** in the middle of the relevant box and connect the dots. If you miss a day, leave the box empty and a gap in the line.

You can **adjust your temp** if you take it earlier or later than usual, and it's between 5.30am and 11am. Move it up one box for each hour earlier, down one box for each hour later. Mark as adjusted temp in comments.

## Fluid

Notice vaginal fluid during the day, in the shower and when you wipe after using the loo. **Shade** relevant box in the **evening**:

- Stretchy - clear, wet, slippery and very stretchy fluid. Might look like raw egg white and be streaked with white. Usually lots of it.
- Sticky - sticky or creamy fluid with very little stretch. White or very pale yellow. Looks like hand lotion or conditioner.
- None - nothing on tissue, might be small traces on underwear.

If you are unsure, shade the highest box - for example "stretchy" rather than "sticky", and "sticky" rather than "none".

## Comments: medication, events and symptoms

Record medication and anything you think might affect your cycle in the comments box, or under the relevant day.

Include significant events such as holidays, work deadlines, sudden weight loss or grief.

You could also note how your energy or mood changes during your cycle, and any symptoms or issues such as period pain, sore breasts, acne or headaches.

## Cycle length

Count from day one of your period to the day before your next period, so if it starts on day 30 your cycle length is 29 days.

## Ovulation prediction test (optional)

Might be useful if you have trouble taking your temperature or checking fluid. Start testing based on your shortest cycle length and use until the day after you get a LH surge. Follow kit instructions and write results in comments section.

For best results use in the afternoon or early evening. Avoid drinking too much before you use it and try not to pee for a few hours either. You need a good strong urine sample!

## Cervix checks (optional)

These can be a handy backup if your other fertility indicators are unreliable, or you're curious. To find out more [visit Fertility UK](#).

## Interpreting your data

Observing and recording your data is the first step. Check my website or get in touch to find out how to interpret it:

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Days in a month:	Jan: 31	Feb: 28/9	Mar: 31	Apr: 30	May: 31	Jun: 30	Jul: 31	Aug: 31	Sept: 30	Oct: 31	Nov: 30	Dec: 31
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