Cycle chart

Usual time you take temperature:

Chart start date:

Chart number:

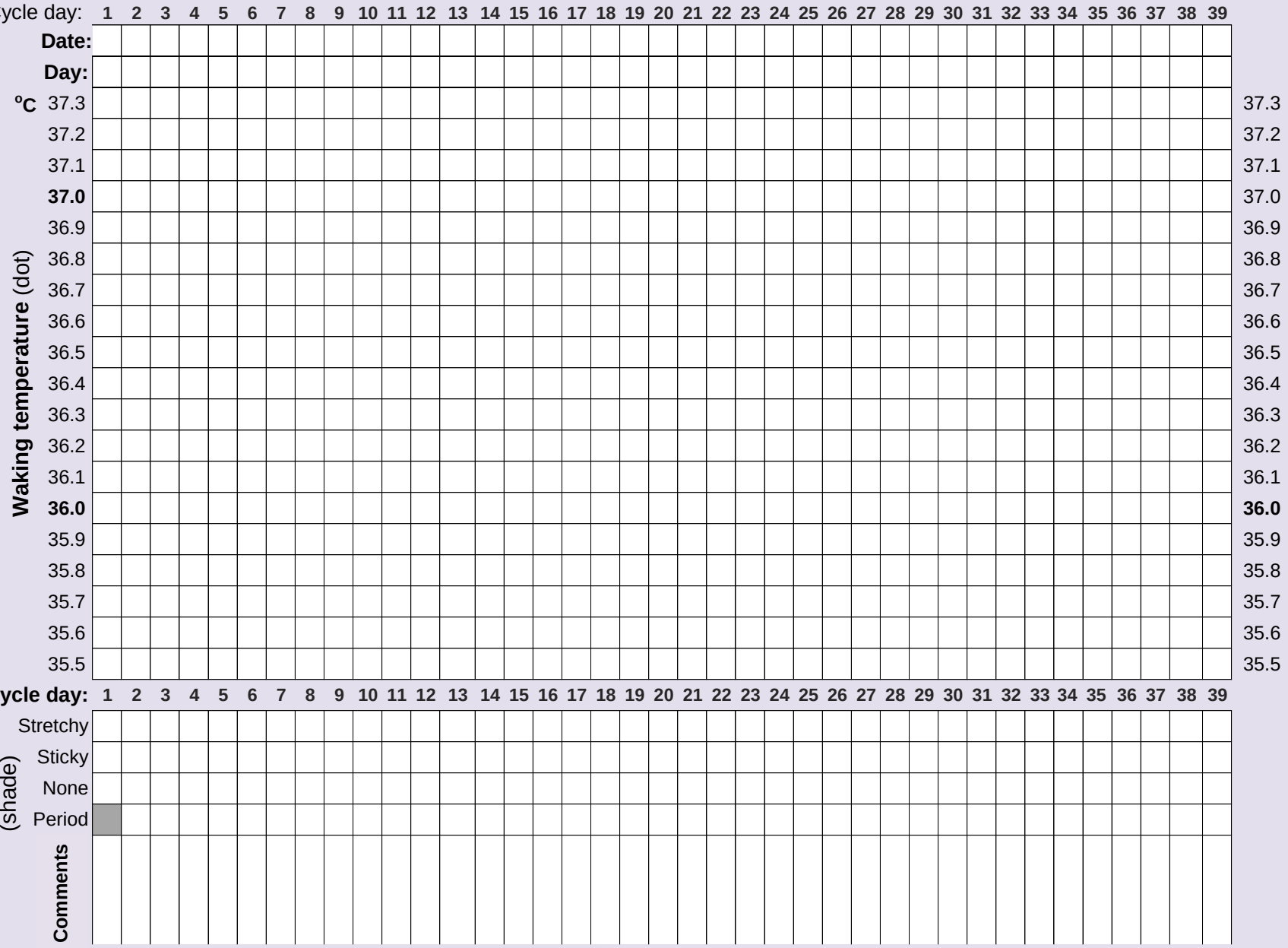
Your initials:

Age:

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

This cycle length:

General comments:



More information: **www.befertilityaware.co.uk/diy**

Comments or questions? email: sarah@befertilityaware.co.uk