Date___________ Cycle # _________ Achieve ___ Space _____Limit ____

Shortest Cycle in Last Year?______

Longest Cycle in Last Year?______

Cycle Date	**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**
Intercourse																																			
Menstruation																																			
Spotting																																			
Dry																																			
Non-Peak																																			
Peak																																			
Sensation																																			
Cervix Position																																			
Disturbance																																			
Cramping																																			
Chart Diary																																			

Date_____ Cycle # _____ Achieve ___ Space _____Limit ____

Shortest Cycle in Last Year?_____

Longest Cycle in Last Year?_____

Method Peak Rules	Method Temperature Rules
Confirmed on CD_____	Confirmed on CD_____
Peak Day: CD	**Temperature Shift Day: CD**
Doering Rule? (Earliest Shift – 8 Days)	**Shortest Cycle Minus 20 Days?**

Sensation
D = Dry
M = Moist
W = Wet

Disturbance
Sick = S
Alcohol = A
Late = L
Early = E
Other = O

Legend	

Cycle Notes