My Monthly Cycles

http:MyMonthlyCycles.com

Track your menstrual and fertility cycles at MyMonthlyCycles.com

Name: _____

Month:_____ **Year:** _____ **Last 12 Cycles:** **Shortest:**_____ **Longest:**_____ **This Cycle's Length:**_____

Cycle Day	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	41	42	43	44	45
Date																																													
Day of Week																																													
Time Temp Taken																																													
BBT Waking Temperature (C)	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15
	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10
	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05
	37	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**	**37**
	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95
	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90
	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85
	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80
	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75
	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70
	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65
	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60
	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55
	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50
	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45
	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40
	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35
	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30
	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25
	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20
	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15
Cycle Day	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	41	42	43	44	45
Period/Spot																																													
Cerv Fluid																																													
Cerv Position																																													
Cerv Firmness																																													
Cerv Opening																																													
Cervical Fluid Description																																													
Cycle Day	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	41	42	43	44	45
Intercourse																																													
Pregnancy Test																																													
OPK																																													
Ferning																																													
OvarianPain																																													
Cramps																																													
Headache																																													
Brst Tender																																													
Moodiness																																													

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