My Monthly Cycles

Night Table Fertility NotePad

Date	Time	Day	Temp	CM	CPOS	OPK	Fern	Int	XF	Notes

Additional Notes: _____

_____

_____

_____

Field Descriptions and corresponding MyMonthlyCycles Data Values

Code	Description	MyMonthlyCycles Values
Date	Date information recorded	
Time	Time BBT temperature taken	Reg = Regular Time (your MMC default); Otherwise, time taken
Day	Day of Week	*For reference purposes only*
Temp	Basal Body Temperature	Record your BBT thermometer reading (in Fahrenheit or Celsius)
CM	Cervical Mucus/Fluid	Dry, Sticky, Creamy, Watery, Eggwhite
CPOS	Cervical Position	Low, Medium, High
OPK	Ovulation Predictor Test	Negative (-) or Positive (+)
Fern	Ferning Monitor	None, Partial, Full
PT	Pregnancy Test	Negative (-) or Positive (+)
Int	Intercourse	Yes, No
Xfer	Check if you've transferred this information to http://www.MyMonthlyCycles.com	
Notes	Any related fertility notes for this date	