

NATURAL FAMILY PLANNING CHART

Basal Body Temperature (BBT) and Cervical Mucus

Celsius version

Weight: _____ optional

DAY OF WEEK:
SMTWRFSS

BLEEDING/MENSES:

- S=slight
- M=moderate
- H=heavy

MOOD:

- Good Mood = 😊
- Bad Mood = ☹️

CERVICAL MUCUS:

- D=dry sensation
- W=wet sensation
- (W)=wet, clear like raw egg white
- T=tacky, sticky, thick, opaque

CERVIX:

- Cervical Os (opening): - o O ()
- Consistency: S=soft, F=firm
- Height: Low = ↓
- High = ↑

Name:	Dates from _____ to _____																																																										
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														
Day of Week																																																											
Date																																																											
Time																																																											
Headache?																																																											
Tender Breast?																																																											
Cramps?																																																											
Intercourse?																																																											
Bleeding																																																											
Mucus																																																											
Mood																																																											
Cervical Os Size																																																											
Consistency																																																											
Height																																																											
37.8																																																											
37.7																																																											
37.6																																																											
37.5																																																											
37.4																																																											
37.3																																																											
37.2																																																											
37.1																																																											
37.0																																																											
36.9																																																											
36.8																																																											
36.7																																																											
36.6																																																											
36.5																																																											
36.4																																																											
36.3																																																											
36.2																																																											
36.1																																																											
36.0																																																											
35.9																																																											
35.8																																																											
Comments:																																																											
<i>List any changes to your routine.</i>																																																											