Natural Family Planning Chart

Name

Age

Chart #

Month & Year

CYCLE LENGTH

# of days in shortest of last six cycles

minus 19 =

Draw a vertical line before this day

Length of this cycle =

TEMPERATURE

Time of taking temperature:

Basal Body Temperature (Fahrenheit)

.1
99.0
.9
.8
.7
.6
.5
.4
.3
.2
.1
98.0
.9
.8
.7
.6
.5
.4
.3
.2
.1
97.0
.9

MENSTRUAL CYCLE DAY	Circle day of intercourse	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
	Date																																								
CERVICAL SECRETIONS (Feel, look & touch)	Wet, slippery, transparent or stretchy																																								
	Thick, cloudy or sticky																																								
	Dry, no secretions seen or felt																																								
	Period																																								
CERVIX	High, soft, open																																								
	Low, firm, closed																																								
COMMENTS	Disturbances, schedule changes, etc.																																								