

NATURAL FAMILY PLANNING CHART
 Basal Body Temperature (BBT) and Cervical Mucus

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																																																							
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Comments:
 List any changes to your routine.

Celsius version

Weight: _____ optional

DAY OF WEEK:

SMTWRFS

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 = ↑

Natural Family Planning Chart
 brought to you by
Contraceptive Info Resource
www.contracept.info