



# Ovulation Chart

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Dates Charted: \_\_\_\_\_ to \_\_\_\_\_

Cycle Length: \_\_\_\_\_

Time Temperature Taken: \_\_\_\_\_ : \_\_\_\_\_ am

Day of Cycle	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																																																		
Day of the Week																																																		
Temperature	99.0	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99					
	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5	98.5				
	98.0	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98			
	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5	97.5		
	97.0	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97		
	Cervical Mucus																																																	
LH Surge Test																																																		
Intercourse																																																		
Mood																																																		
Physical Ailments																																																		
Notes																																																		
Day of Cycle	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										

CERVICAL MUCUS: D=Dry, EW=Egg White, C=Creamy, S=Sticky, W=Watery, P=Period  
 PHYSICAL AILMENTS: SB=Sore Breasts, C=Cramping

LH SURGE TEST (Ovulation Predictor Kit): P=Positive, N=Negative  
 MOOD: :) =Happy, :( =Sad

Reviewed by: Barbara Dehn NP

