



Monthly Ovulation Chart

	Record the Date (Month, Day)																														
Day of Monthly Cycle (first day of period starts 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
Period																															
Cervical Fluid Dry																															
Cervical Fluid Sticky																															
Cervical Fluid Creamy																															
Cervical Fluid feels/looks like egg whites																															
Ovulation Predictor Used																															
LH Surge Detected																															
Cervical Cup Used																															
Cervical Cup Taken Out																															
Pregnancy Test Used																															
Sex during month																															
Basil Temperature (optional)																															

Begin charting your menstrual cycle on the first day of your next period. Recording your menstrual cycle will help you and your health care professional better understand your reproductive cycle. Filling out your chart on a daily basis is very important. Charting will give you insight as to when ovulation is occurring. Charting will also provide accurate information for your doctor or health care provider if you need to go further in your quest to conceive.