Cycle Tracking

Date																																		
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
Intercourse																																		
Sensation: Slippery																																		
Appearance: Clear																																		
Stretch: >1"																																		
Low cervical mucus																																		
No cervical mucus																																		
Bleeding: S - L - M - H																																		
OPK																																		
Medications																																		

Basal Body Temperature																																		

Notes																																		

carolina
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