

Natural Family Planning Chart

Name **Lucy**

Age **30**

Chart # **9**

Month & Year **May/June 98**

EXAMPLE

CYCLE LENGTH

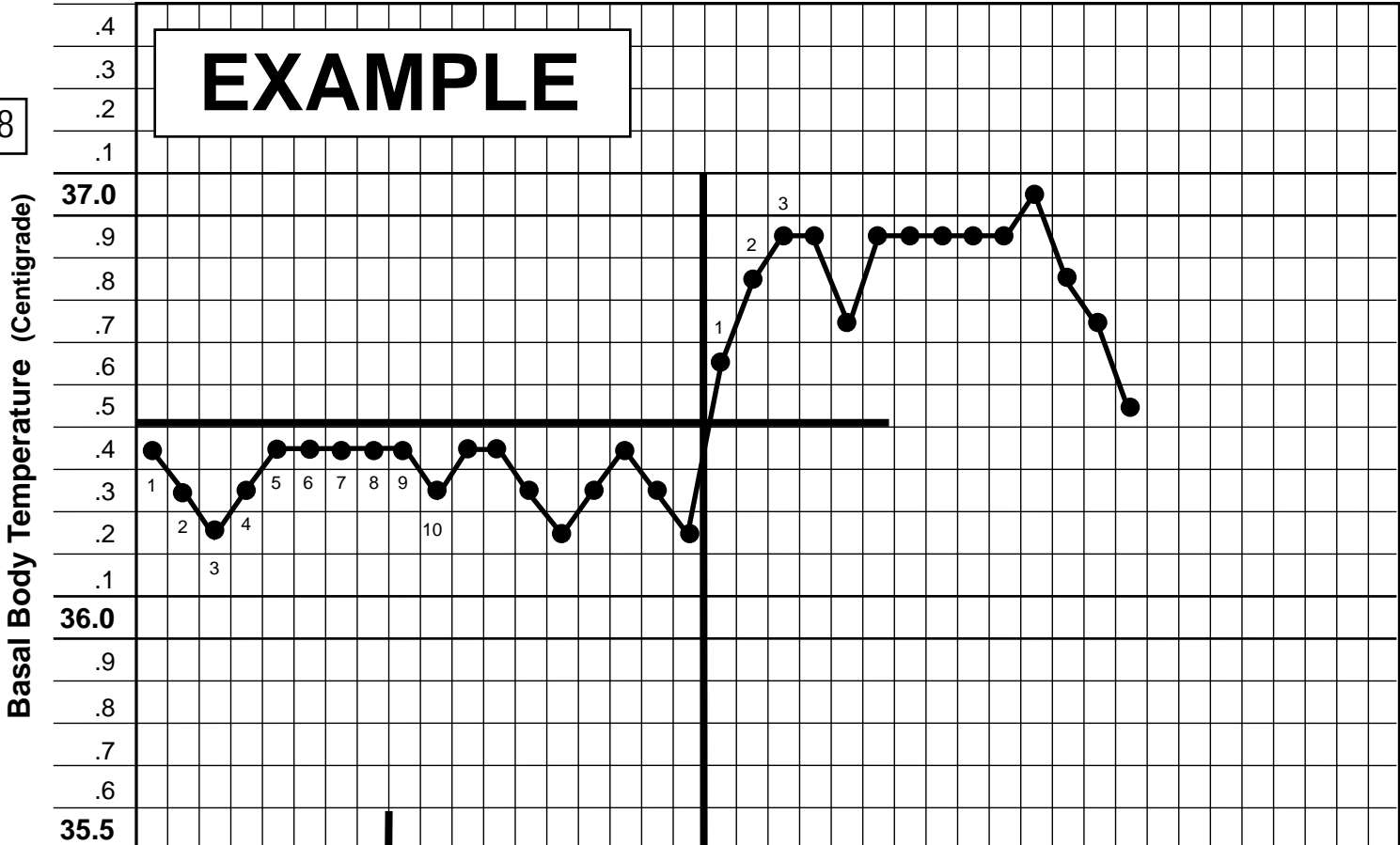
of days in shortest of last six cycles **28**

minus 19 = **9** Draw a vertical line before this day

Length of this cycle = **31**

TEMPERATURE

Time of taking temperature: **7a.m.**



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	27	28	29	30	31	6/1	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																	
CERVICAL SECRETIONS (Feel, look & touch)	Wet, slippery, transparent or stretchy																																																	
	Thick, cloudy or sticky																																																	
	Dry, no secretions seen or felt																																																	
CERVIX	High, soft, open																																																	
	Low, firm, closed																																																	
COMMENTS	Disturbances, schedule changes, etc.																																																	