

NATURAL FAMILY PLANNING CHART

Basal Body Temperature (BBT) and Cervical Mucus

Celsius version

Weight: _____ optional

DAY OF WEEK:
SMTWRFSS

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 = ↑

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																																																														
37.6																																																														
37.5																																																														
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Comments:
List any changes
to your routine.