

THE CYCLE BOOK

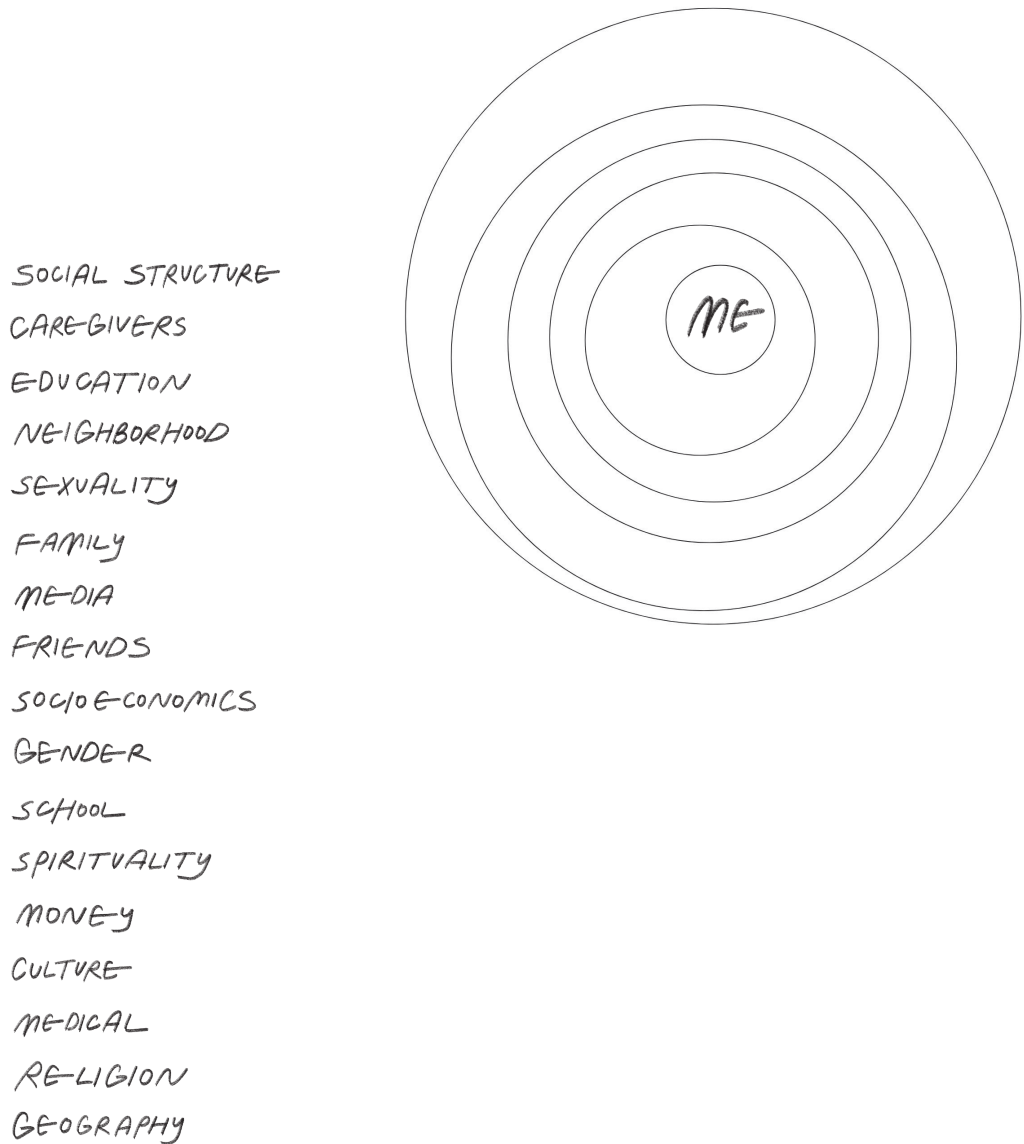
**AN INTERACTIVE STEP-BY-STEP
GUIDE TO TRACKING HORMONES AND
KNOWING YOUR BODY**

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ME Diagram and Systemic Experiences



Pain Checklist

WHAT IS THE QUALITY OF YOUR PAIN?

- ☐ Burning
- ☐ Itching/irritation
- ☐ Throbbing
- ☐ Aching
- ☐ Stabbing
- ☐ Sharp/shooting
- ☐ Cramping

WHAT IS THE NATURE OF YOUR PAIN?

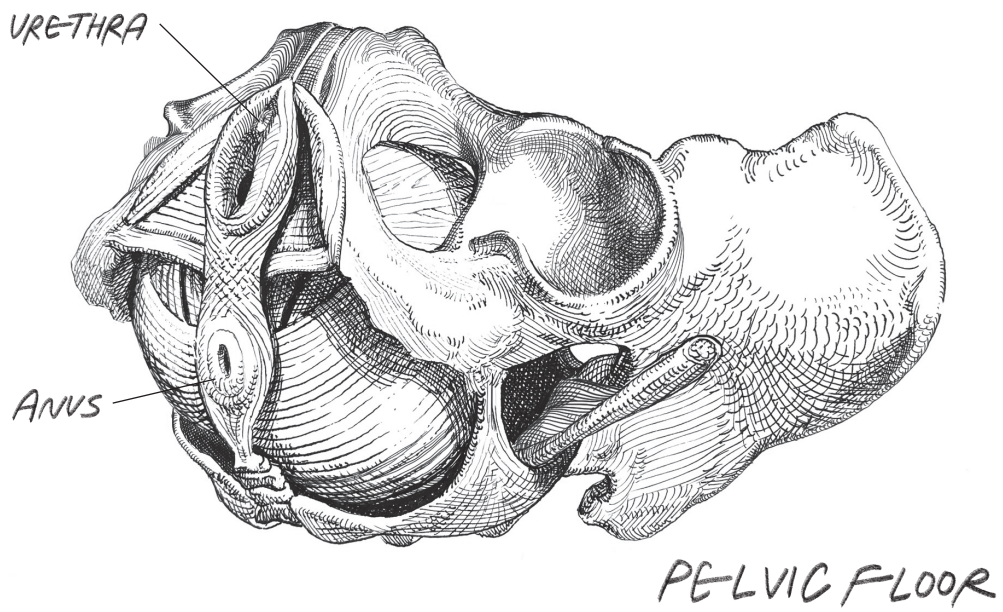
- ☐ Generalized (you feel it all over)
- ☐ Localized (it's coming from a very specific area)
- ☐ Radiating (it starts in one area and spreads out from there)
- ☐ Referred (it originates from one place but your body feels it somewhere else)
- ☐ Constant (you feel it all the time)
- ☐ Intermittent (you feel it sometimes)
- ☐ Provoked (something touches you or something happens that causes the pain)
- ☐ Unprovoked (the pain is there with no apparent trigger)

IF YOU CHECKED "PROVOKED," WHAT KINDS OF STIMULI MIGHT PROVOKE YOUR PAIN?

- ☐ Sex (any type of sexual contact, including, but not limited to penetration)
- ☐ Physical contact
- ☐ Wearing underwear
- ☐ Exercise
- ☐ Anxiety
- ☐ Lack of sleep
- ☐ Sitting
- ☐ Walking
- ☐ Standing
- ☐ Stretching

WHERE IS YOUR PAIN LOCATED? (SEE PAGES 237-245 FOR FULL ANATOMICAL DESCRIPTIONS)

- ☐ Clitoris
- ☐ Vestibule
- ☐ Vagina
- ☐ Cervix
- ☐ Labia
- ☐ Overall vulva
- ☐ Anus
- ☐ Upper thighs
- ☐ Lower back
- ☐ Abdomen



CYCLE

Nasreen

MONTH APR DATE 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7 8 9 10 11

BASAL BODY TEMPERATURES

CYCLE DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
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Lower Baseline BBT		9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
Lower Baseline BBT	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
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	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BODY FLUIDS

CYCLE DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Bleeding																					
Spotting																					
Dry																					
Creamy																					
Slippery																					

CATEGORIES

CYCLE DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	Comfort																				
2	OPK																				
3																					
4																					
5																					
6																					

NASREEN

12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 _____ DATE MAY MONTH

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
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0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Higher Baseline BBT

36 °F

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
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3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
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Lower Baseline BBT

35 °F

BASAL BODY TEMPERATURES

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

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0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Bleeding

Spotting

Dry

Creamy

Slippery

BODY FLUIDS

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Comfort 1

OPK 2

3

4

5

6

CATEGORIES

CYCLE

Ramona

MONTH JAN DATE 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

BASAL BODY TEMPERATURES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lower Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
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BODY FLUIDS

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Bleeding																				
Spotting																				
Dry																				
Creamy																				
Slippery																				

CATEGORIES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1 Comfort																				
2 "ON"																				
3 "OFF"																				
4																				
5 SAD, HEAVY																				
6 LIGHT, CREATIVE																				

1 2 3 4 5 6 7 8 9 _____ DATE FEB MONTH

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
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Higher Baseline BBT

98 F/C

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
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5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
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0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Lower Baseline BBT

97 F/C

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Bleeding
Spotting
Dry
Creamy
Slippery

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
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0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Comfort 1
"ON" 2
"OFF" 3
4
SAD, HEAVY 5
LIGHT, CREATIVE 6

BASAL BODY TEMPERATURES

BODY FLUIDS

CATEGORIES

CYCLE

Mei

MONTH AVG DATE 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23

BASAL BODY TEMPERATURES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
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Lower Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
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	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BODY FLUIDS

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Bleeding																				
Spotting																				
Dry																				
Creamy																				
Slippery																				

CATEGORIES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1 Comfort																				
2 PIMPLES																				
3 BRIGHT MOOD																				
4 CRANKY MOOD																				
5 AROUSAL																				
6 FANTASIES																				

MEI

24 25 26 27 28 29 30 31 1 2 3 4 5 _____ DATE SEP MONTH

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
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0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Higher Baseline BBT

97°F

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Lower Baseline BBT

96°F

BASAL BODY TEMPERATURES

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Bleeding
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spotting
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Dry
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Creamy
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Slippery

BODY FLUIDS

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Comfort 1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	PIMPLES 2
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	BRIGHT MOOD 3
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	CRANKY MOOD 4
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	AROUSAL 5
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	FANTASIES 6
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

CATEGORIES

CYCLE

Sam

MONTH OCT DATE 30 31 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

BASAL BODY TEMPERATURES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8		8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7		7	7		7	
	6	6	6	6	6	6	6	6	6	6	6		6	6	6	6	6	6		6
	5	5	5	5	5	5	5	5	5	5	5	5	5		5	5		5	5	5
	4	4	4	4	4		4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3		3	3	3	3	3		3	3	3	3
	2	2	2		2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1		1	1	1	1	1	1	1	1	1	1	1	1
		0		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lower Baseline BBT	9	9	9	9	9	9		9	9	9		9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7		7	7		7	7	7		7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

98 FOC

97 FOC

BODY FLUIDS

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Bleeding																				
Spotting																				
Dry																				
Creamy																				
Slippery																				

CATEGORIES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1 Comfort																				
2 RE-SPECT FOR BODY																				
3 GOOD IN BODY																				
4																				
5 SELF-CRITICISM																				
6																				

SAM

19 20 21 22 _____ DATE NOV MONTH

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Higher Baseline BBT

98 F/C

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Lower Baseline BBT

97 F/C

BASAL BODY TEMPERATURES

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Bleeding

Spotting

Dry

Creamy

Slippery

BODY FLUIDS

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Comfort 1

RE-SPECT FOR BODY 2

GOOD IN BODY 3

4

5

SELF-CRITICISM 5

6

CATEGORIES

CYCLE

lines

MONTH JUNE DATE 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26

BASAL BODY TEMPERATURES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lower Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BODY FLUIDS

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Bleeding																				
Spotting																				
Dry																				
Creamy																				
Slippery																				

CATEGORIES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1 Comfort																				
2 BLOATING																				
3 VOMITING																				
4																				
5 HOT, STABBING PAIN																				
6 RADIATING PAIN																				

27 28 29 30 1 2 3 4 5 6 7 _____ DATE JULY MONTH

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Higher Baseline BBT

97 F/C

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Lower Baseline BBT

96 F/C

BASAL BODY TEMPERATURES

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Bleeding
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spotting
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Dry
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Creamy
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Slippery

BODY FLUIDS

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Comfort 1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	BLOATING 2
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	VOMITING 3
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	HOT, STABBING PAIN 5
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	RADIATING PAIN 6

CATEGORIES

CYCLE

Georgia

MONTH FEB DATE 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 1 2 3 4

BASAL BODY TEMPERATURES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lower Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BODY FLUIDS

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Bleeding																				
Spotting																				
Dry																				
Creamy																				
Slippery																				

CATEGORIES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1 Comfort																				
2 SEX																				
3 CHAOTIC AM																				
4																				
5 CLEAR THOUGHTS																				
6 FOCUS ON KIDS																				

GEORGIA

5 6 7 8 9 10 11 12 _____ DATE MAR MONTH

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Higher Baseline BBT

37°F

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Lower Baseline BBT

36°F

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Bleeding
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spotting
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Dry
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Creamy
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Slippery

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Comfort 1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	SEX 2
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	CHAOTIC AM 3
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	CLEAR THOUGHTS 5
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	FOCUS ON KIDS 6

BASAL BODY TEMPERATURES

BODY FLUIDS

CATEGORIES

CYCLE

Talia

MONTH SEP DATE 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

BASAL BODY TEMPERATURES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lower Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BODY FLUIDS

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Bleeding																				
Spotting																				
Dry																				
Creamy																				
Slippery																				

CATEGORIES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1 Comfort																				
2 CRAMPING																				
3 GROUNDED, SAFE																				
4 SEE GF																				
5 NUMB																				
6 HOLLOW																				

TALIA

29 30 1 2 3 4 5 6 7 8 9 _____ DATE OCT MONTH

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Higher Baseline BBT

98 F/C

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Lower Baseline BBT

97 F/C

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Bleeding
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spotting
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Dry
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Creamy
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Slippery

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Comfort 1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	CRAMPING 2
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	GROUNDED, SAFE 3
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	SEE GF 4
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	NUMB 5
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	HOLLOW 6

BASAL BODY TEMPERATURES

BODY FLUIDS

CATEGORIES

CYCLE

Aisha

MONTH DEC DATE 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

BASAL BODY TEMPERATURES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Lower Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BODY FLUIDS

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Bleeding																				
Spotting																				
Dry																				
Creamy																				
Slippery																				

CATEGORIES

CYCLE DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1 Comfort																				
2 STOMACH DROPS PAIN																				
3 FIXATION ON JOB																				
4																				
5 JITTERY ANXIETY																				
6 MENTAL EXHAUSTION																				

21 22 23 24 25 26

DATE DEC MONTH

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Higher Baseline BBT

98 F/C

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Lower Baseline BBT

97 F/C

BASAL BODY TEMPERATURES

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Bleeding
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spotting
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Dry
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Creamy
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Slippery

BODY FLUIDS

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Comfort 1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	STOMACH DROPS PANIC ²
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	FIXATION ON JOB ³
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	⁴
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	JITTERY ANXIETY ⁵
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	MENTAL EXHAUSTION ⁶

CATEGORIES

CYCLE

MONTH _____ DATE _____

BASAL BODY TEMPERATURES

CYCLE DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
_____ F/C	Higher Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
		8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
		6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
		5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
		4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
		3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
		2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
_____ F/C	Lower Baseline BBT	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
		8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
		7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
		6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
		5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
		4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
		3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3
		2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2
		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

BODY FLUIDS

CYCLE DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
	Bleeding	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Spotting	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Dry	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Creamy	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	Slippery	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

CATEGORIES

CYCLE DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	Comfort	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
2		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
3		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
4		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
5		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
6		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
		○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

DATE _____ MONTH _____

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Higher Baseline BBT

____ F/C

9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	
3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	
2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	
1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Lower Baseline BBT

____ F/C

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Bleeding
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Spotting
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Dry
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Creamy
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Slippery

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	Comfort 1
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	2
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	4
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5
0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6

BASAL BODY TEMPERATURES

BODY FLUIDS

CATEGORIES

CYCLE REVIEW

Analyze your last cycle and prepare for your next

BASELINE INSIGHTS

BASAL BODY TEMPERATURE

Can you identify a significant and sustained temperature increase and the day it began? ☐ Yes ☐ No ☐ I'm not sure

BODY FLUID

Can you identify which day you experienced the most slippery fluid for this last cycle? ☐ Yes ☐ No ☐ I'm not sure

Could you easily differentiate bleeding and spotting for this last cycle? ☐ Yes ☐ No ☐ I'm not sure

Did you notice other body fluids during this last cycle? ☐ Yes ☐ No ☐ I'm not sure

PATTERNS

Starting with comfort, review your list of categories tracked last cycle.

Were you able to identify feelings of *comfort* during your last cycle? ☐ Yes ☐ No ☐ I'm not sure

Did you notice a change in how you felt on the days when comfort was present? ☐ Yes ☐ No ☐ I'm not sure

Write your other categories from last cycle below and use symbols for "More," "Less," and "I'm not sure."

☐ + More ☐ - Less ☐ ? I'm not sure

Are categories more or less present during the bleeding phase of your cycle?

☐ ☐ ☐ ☐ ☐

What categories seem to be more or less present when you notice slippery cervical fluid?

☐ ☐ ☐ ☐ ☐

What categories seem to be more or less present right before your next bleeding phase?

☐ ☐ ☐ ☐ ☐

GENERAL MOOD

Are you getting what you need out of tracking?

☐ Yes, this is totally working ☐ I think I'm onto something ☐ Not yet, finding more support feels like a good next step

What patterns are you curious about for your next cycle?

Which categories appear unrelated to phases of your cycle?

CATEGORY INSIGHTS

Write your categories from last cycle below and use symbols for keeping, refining, and dropping those descriptions.

Do any categories need a bit of refining?

What categories are you going to track next cycle?

☒ Keep ☐ → Refine ☐ X Drop

	☐	
	☐	
	☐	
	☐	
	☐	

CYCLE PREVIEW

What are your 3 goals for this next cycle of tracking?

What will you do differently for your next cycle?

What are 2 ways you can introduce comfort, safety, and/or pleasure into your cycle?

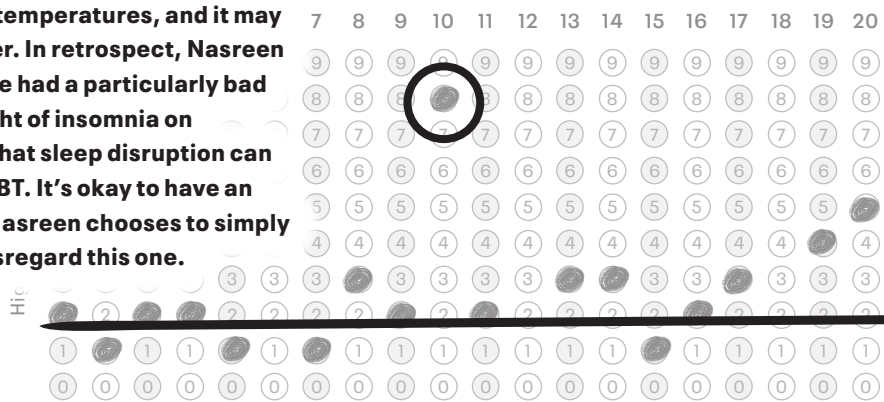
What are 2 ways you can make cycle tracking easier for you?

CYCLE

MONTH: This temperature is circled because it stands out from the rest of

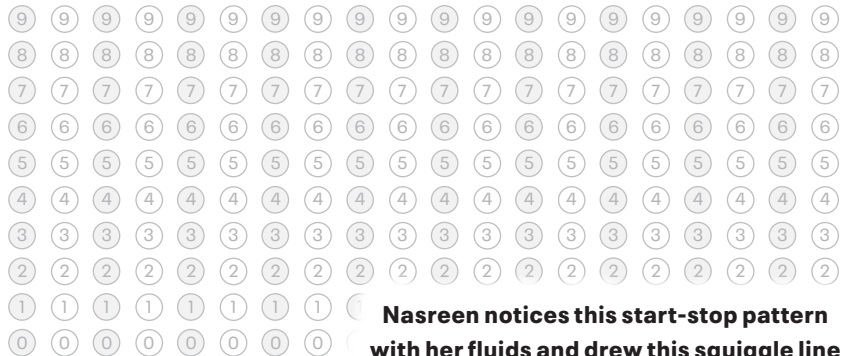
Nasreen's temperatures, and it may be an outlier. In retrospect, Nasreen recalls she had a particularly bad night of insomnia on May 1st. That sleep disruption can alter a BBT. It's okay to have an outlier, so Nasreen chooses to simply disregard this one.

BASAL BODY TEMPERATURES



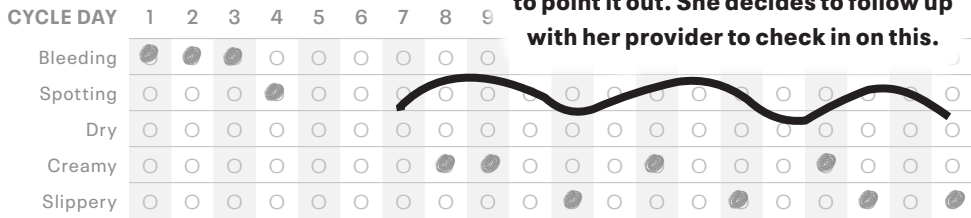
35°F

Lower Baseline BBT

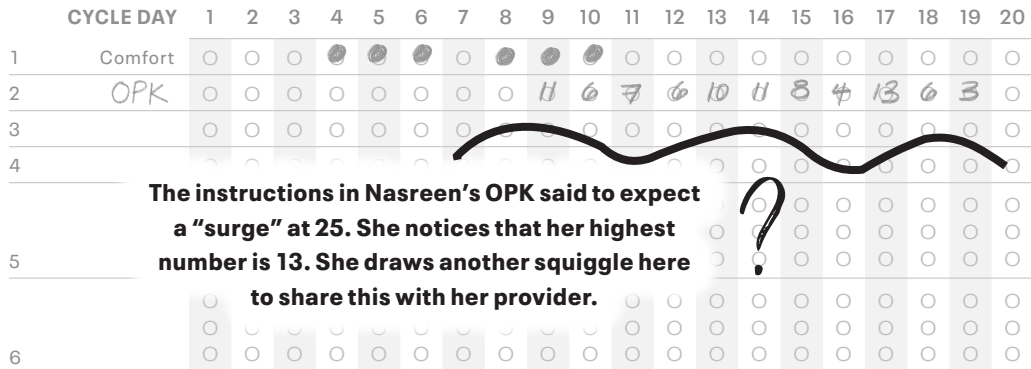


Nasreen notices this start-stop pattern with her fluids and drew this squiggle line to point it out. She decides to follow up with her provider to check in on this.

BODY FLUIDS



CATEGORIES



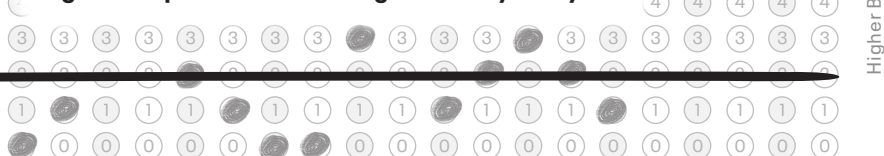
The instructions in Nasreen's OPK said to expect a "surge" at 25. She notices that her highest number is 13. She draws another squiggle here to share this with her provider.

?

NASREEN

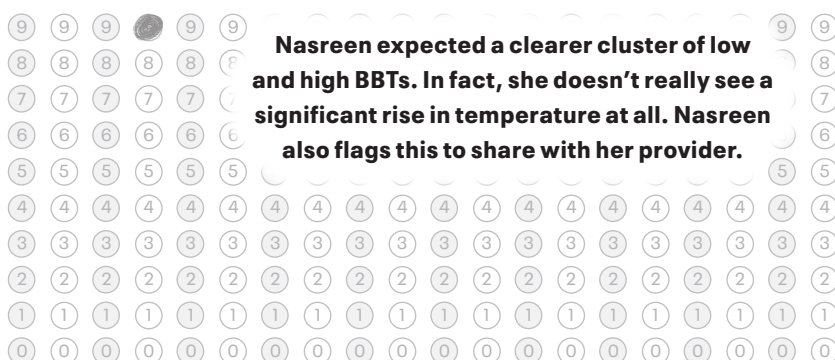
12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 _____ DATE MAY MONTH

Drawing a line in the middle (or average) of the entire cycle's BBTs can help point out where significant hormone shifts may have occurred. Many people experience a lower average BBT in the follicular phase and a higher average BBT in the luteal phase. Typically, this looks a cluster of lower temperatures on the left side of your cycle and a cluster of higher temperatures on the right side of your cycle.



Higher Baseline BBT

36°F



Nasreen expected a clearer cluster of low and high BBTs. In fact, she doesn't really see a significant rise in temperature at all. Nasreen also flags this to share with her provider.

Lower Baseline BBT

35°F

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Bleeding
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Spotting
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Dry
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Creamy
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Slippery

21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	CYCLE DAY
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Comfort 1
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	OPK 2
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	3
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	4
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	5
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	6

BASAL BODY TEMPERATURES

BODY FLUIDS

CATEGORIES

CYCLE

MONTH SEPT DATE

Talia circles this temperature as an outlier since she recalls that was the morning after she went out for drinks with some friends. She knows that alcohol and a change in sleep schedule can affect her BBT and chooses to disregard that one temperature in her cycle.

223 24 25 26 27 28

TEMPERATURES

BASAL

BODY FLUIDS

CATEGORIES

CYCLE DAY

98 F

Higher Baseline BBT

Lower Baseline BBT

These lower BBTs indicate a potential shift into the follicular phase of Talia's cycle.

97 F

Talia draws this vertical line where she experienced the most slippery fluids. By doing this she also sees how that lines up with her temperatures. Talia's BBTs in the first half of her cycle are slightly lower than her BBTs in the latter half of her cycle.

CYCLE DAY

Bleeding
Spotting
Dry
Creamy
Slippery

Talia circles where she experienced the most slippery fluid as that might indicate her ovulatory phase.

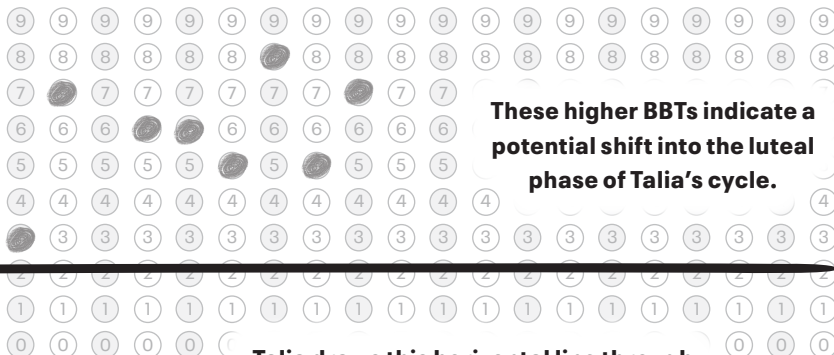
CYCLE DAY

1 Comfort
2 CRAMPING
3 GROUNDED, SAFE
4 SEE GF
5 NUMB
6 HOLLOW

TALIA

29 30 1 2 3 4 5 6 7 8 9 _____ DATE OCT MONTH

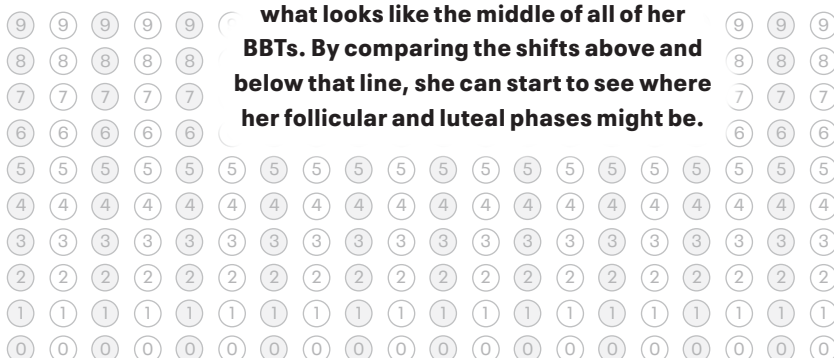
21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY



Higher Baseline BBT

98°F

Talia draws this horizontal line through what looks like the middle of all of her BBTs. By comparing the shifts above and below that line, she can start to see where her follicular and luteal phases might be.



Lower Baseline BBT

97°F

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Bleeding
☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Spotting
☐	☐	☐	☐	☐	☐	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Dry
☐	☒	☒	☐	☐	☐	☐	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Creamy
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Slippery

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 CYCLE DAY

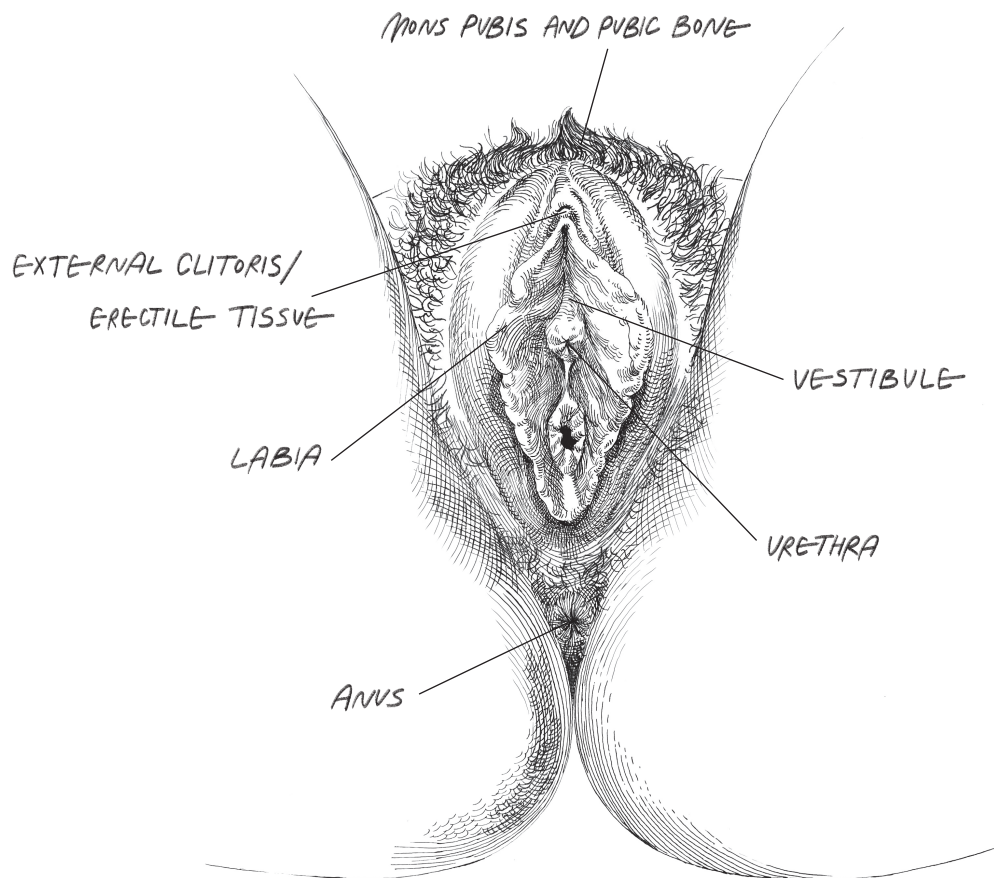
☐	☐	☐	☐	☐	☒	☒	☐	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	Comfort	1
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	CRAMPING	2
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	GROUNDING, SAFE	3
☒	☒	☒	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	SEE GF	4
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	NUMB	5
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	HOLLOW	6

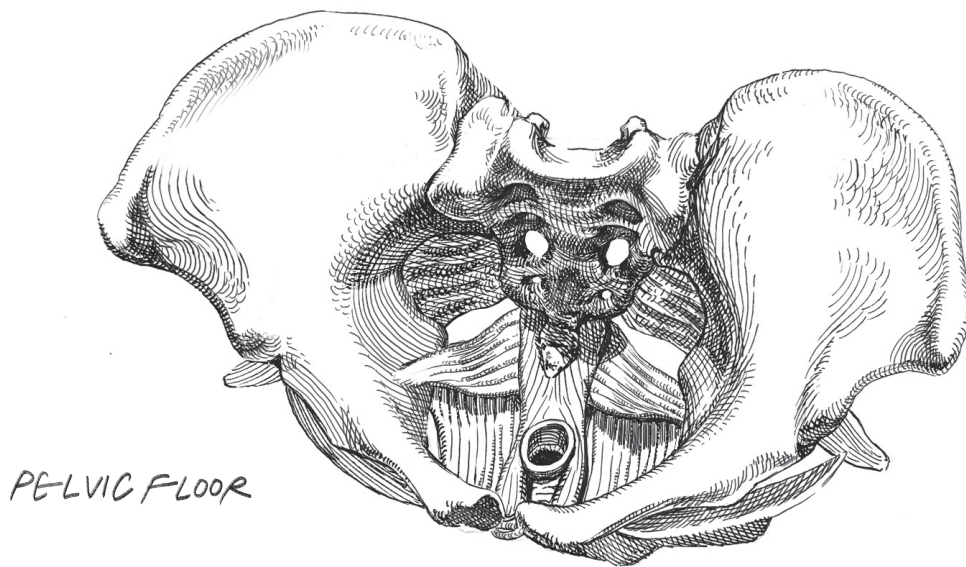
When Talia is scanning her chart to see if there are clusters of filled in bubbles, she notices a pattern. She sees high rates of intensity bubbles for numb and hollow following consecutive days that she saw her girlfriend. Talia circles this as she wants to explore it further. She wonders if she may be able to rule out a hormonal connection to the numb and hollow feelings she's been tracking.

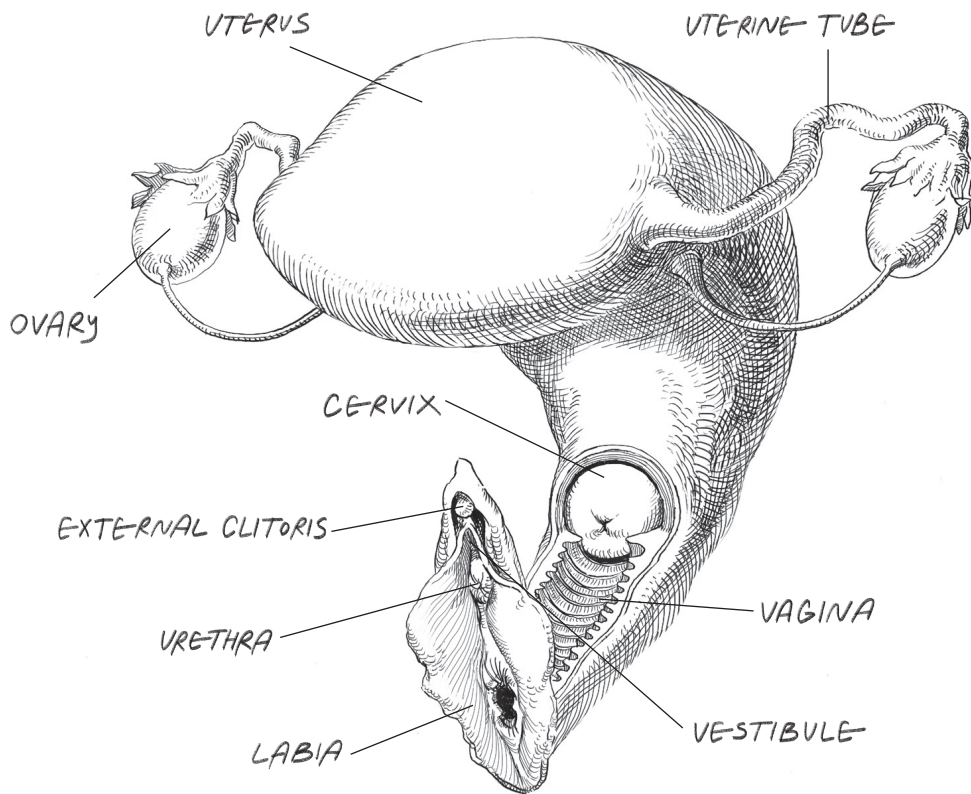
BASAL BODY TEMPERATURES

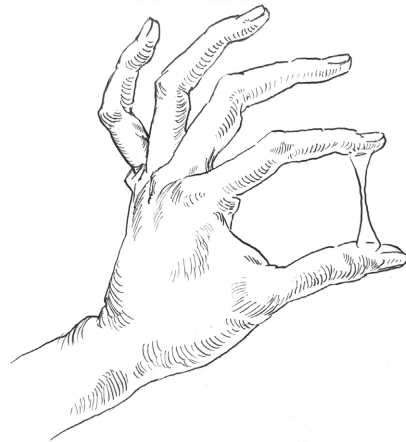
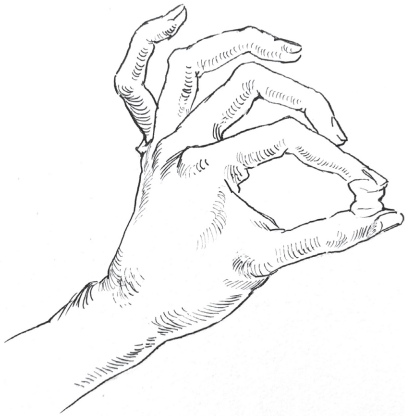
BODY FLUIDS

CATEGORIES









HEALTH APPOINTMENT PREVIEW

Get ready for your next health appointment by organizing your thoughts and goals around your upcoming visit.

GOALS

Goal of my appointment:

Questions I'd like answered:

Symptoms I want to address:

BACKGROUND

These symptoms affect my life in the following ways:

The parts of my life that are impacted include:

- | | | | |
|-------------------------------------|-------------------------------------|---------------------------------|---|
| ☐ Mental Health | ☐ Physical Body | ☐ Fertility | ☐ Chronic Condition |
| ☐ Pain | ☐ Sexuality | ☐ Cognition | ☐ _____ |

How my symptoms show up in my cycle:

When my symptoms show up in my cycle:

- | | | | |
|--------------------------------------|--|---------------------------------------|------------------------------------|
| ☐ Bleeding Phase | ☐ Follicular Phase | ☐ Ovulatory Phase | ☐ Luteal Phase |
|--------------------------------------|--|---------------------------------------|------------------------------------|

Things I've already tried:

MY INSIGHTS

My theory about what is happening in my body:

I'd like to walk away from my appointment with:

- ☐ Prescription ☐ Referral ☐ Diagnosis ☐ Recommendations ☐ Treatment/Management Plan
- ☐ Investigative Testing Plan ☐ Reassurance ☐ Validation ☐ _____

APPOINTMENT REVIEW

Recap and identify what comes next. This may be filled out during or after visit.

What might be causing my current concern?

How might my concern affect the rest of my body?

What are the available treatments for my concern?

Do these treatments have side effects?

What will happen if I do nothing?

Are there other types of providers who specialize in treating these symptoms?

Did this appointment address my needs?

☐ Yes ☐ No ☐ I'm not sure

Did this provider feel like the right fit for me?

☐ Yes ☐ No ☐ I'm not sure

NEXT STEPS

What's next for me? My next steps are:

Recommended Readings

Blair, Gabrielle. *Ejaculate Responsibly: A Whole New Way to Think about Abortion*. New York: Workman, 2022.

Brotto, Lori A. *Better Sex through Mindfulness: How Women Can Cultivate Desire*. Vancouver, BC: Greystone Books, 2018.

brown, adrienne maree. *Pleasure Activism: The Politics of Feeling Good*. Edinburgh: AK Press, 2019.

Brown, Sherronda J., Hess Love, and Grace B. *Freedom, Refusing Compulsory Sexuality: A Black Asexual Lens on Our Sex-Obsessed Culture*. Berkeley, CA: North Atlantic Books, 2022.

Chen, Angela. *Ace: What Asexuality Reveals about Desire, Society, and the Meaning of Sex*. Boston: Beacon Press, 2021.

Clancy, Kate. *Period: The Real Story of Menstruation*. Princeton, NJ: Princeton University Press, 2023.

Coady, Deborah, and Nancy Fish. *Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing, and Treating Sexual Pain*. Berkeley, CA: Seal Press, 2011.

Corinna, Heather. *What Fresh Hell Is This? Perimenopause, Menopause, Other Indignities and You*. London: Piatkus, 2021.

Cleghorn, Elinor. *Unwell Women: Misdiagnosis and Myth in a Man-Made World*. New York: Dutton, 2022.

- Criado-Perez, Caroline. *Invisible Women: Data Bias in a World Designed for Men*. New York: Abrams Press, 2021.
- Dusenbery, Maya. *Doing Harm: The Truth about How Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick*. New York: HarperOne, 2018.
- Garbes, Angela. *Like a Mother: A Feminist Journey through the Science and Culture of Pregnancy*. New York: Harper Wave, 2019.
- Gunter, Jennifer. *The Menopause Manifesto: Own Your Health with Facts and Feminism*. New York: Kensington, 2021.
- Haines, Staci. *Healing Sex: A Mind-Body Approach to Healing Sexual Trauma*. San Francisco: Cleis Press, 2007.
- Hendrickson-Jack, Lisa. *The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility*. Ajax, ON: Fertility Friday, 2019.
- Hossain, Anushay. *The Pain Gap: How Sexism and Racism in Healthcare Kill Women*. New York: Simon Element, 2022.
- Kali, Kristin Liam. *Queer Conception: The Complete Fertility Guide for Queer and Trans Parents-to-Be*. Seattle: Sasquatch Books, 2022.
- Levine, Peter A. *Waking the Tiger: Healing Trauma*. Berkeley, CA: North Atlantic Books, 1997.
- Montei, Amanda. *Touched Out: Motherhood, Misogyny, Consent, and Control*. Boston: Beacon Press, 2023.
- Nagoski, Emily. *Come as You Are: Revised and Updated: The Surprising New Science That Will Transform Your Sex Life*. New York: Simon & Schuster, 2021.
- Orbuch, Iris Kerin, and Amy Stein. *Beating Endo: How to Reclaim Your Life from Endometriosis*. New York: Harper Wave, 2021.
- O'Rourke, Meghan. *The Invisible Kingdom: Reimagining Chronic Illness*. New York: Riverhead Books, 2023.
- Roberts, Dorothy. *Killing the Black Body: Race, Reproduction, and the Meaning of Liberty*. New York: Vintage Books, 2017.

- Ross, Loretta, and Rickie Solinger. *Reproductive Justice: An Introduction*. Oakland: University of California Press, 2017.
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Notes

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