CHART FOR ONE CYCLE

nourish
YOUR HEALTH

Date																																											
Day (of Week)																																											
Day (in 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	32	33	34	35	36	37	38	39	40
Lunar Peak																																											
Temperature deg. C (Basal temp raises by 1 box each 30mins) Usual rising time __:__hrs	37.3																																										
	37.2																																										
	37.1																																										
	37.0																																										
	36.9																																										
	36.8																																										
	36.7																																										
	36.6																																										
	36.5																																										
	36.4																																										
	36.3																																										
	36.2																																										
	36.1																																										
	36.0																																										
conditions affecting temperature																																											
Mucus changes	texture																																										
	colour																																										
	amount																																										
	external sensation																																										
secondary symptoms	cervix changes																																										
	pain																																										
	headaches																																										
	nausea/vomiting																																										
	bowel																																										
	skin																																										
	breasts																																										
	Intercourse																																										
	Bleeding																																										
	emotional state/ pmt																																										
	food cravings																																										
	sexual desire																																										