SYMTO-THERMAL CHART FOR ONE CYCLE
MONTH_____

DATE																																											
DAY (Week)																																											
DAY (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
TEMPERATURE																																											
	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																																										
PAIN (Period or mid-cycle)1-10																																											
HEADACHES																																											
NAUSEA / VOMITING																																											
BOWEL(CorD)																																											
SKIN (acne)																																											
Breast tenderness																																											
FLUID RETENTION																																											
FATIGUE 1-10 / ENERGY LEVELS																																											
EMOTIONAL STATE / PMT																																											
FOOD CRAVINGS																																											
SEXUAL DESIRE																																											
INTERCOURSE																																											
BLEEDING																																											

Temperature adjustments: Increase one box per half hour earlier
Decrease one box per half hour later

Ovulation thermometer: mercury ("surgical and medical")