

Easy-to-Use Fertility Chart

Introduction Understanding your menstrual cycle is key to optimising your fertility journey. This chart is designed to help you easily track important aspects of your cycle, identify patterns, and make informed decisions. Use this template to record daily observations.

How to Use:

1. **Cycle Day:** Start counting from the first day of your period (Day 1).
2. **Bleeding:** Note the type (e.g., heavy, medium, light, spotting).
3. **Cervical Mucus (CM):** Record the consistency (e.g., dry, sticky, creamy, egg white).
4. **Basal Body Temperature (BBT):** Take your temperature every morning before getting out of bed.

5. **Symptoms:** Track mood, energy levels, cramps, or other noticeable changes.
6. **Ovulation Tests (if applicable):** Record results (e.g., negative, positive).
7. **Notes:** Add any relevant information, such as lifestyle changes, stress levels, or supplements.

Cycle Tracker Template:

Cycle Day	Date	Bleeding	Cervical Mucus	BBT (°C/°F)	Symptoms	Ovulation Test	Notes
1							
2							
3							
4							

5							
6							
7							
8							
9							
10							

(Extend the table for the full length of your cycle)

Additional Tips:

- Regular tracking helps you identify your fertile window and understand hormonal patterns.
- Egg white cervical mucus often indicates peak fertility.
- A rise in BBT may confirm ovulation has occurred.

- Bring your chart to your healthcare provider for personalised insights.