



Easy-to-Use Fertility Chart

Track Your Cycle. Understand Your Patterns. Support Your Fertility.

Introduction

Understanding your menstrual cycle can help you recognise your individual patterns and become more informed about your reproductive health. Use this chart to record daily observations across your cycle. You can write in your own notes and **circle the symptoms, body changes and moods/emotions that apply to you.**

How to Use Your Chart

- 1. Cycle Day:** Day 1 is the first day of full menstrual bleeding.
- 2. Bleeding / Flow:** Record none, spotting, light, medium or heavy.
- 3. Cervical Mucus:** Note changes such as dry, sticky, creamy, watery or clear/slippery/egg-white-like.
- 4. Basal Body Temperature (BBT):** If you track BBT, take it at approximately the same time each morning before getting out of bed.
- 5. Symptoms & Body Changes:** Write your observations or circle relevant options, such as cramps, bloating, breast tenderness, headaches, fatigue, increased energy or libido changes.
- 6. Mood / Emotions:** Write or circle how you feel, such as calm, confident, sociable, reflective, sensitive, anxious, irritable or low in mood.
- 7. Ovulation Tests:** If used, record the result according to the manufacturer's instructions.
- 8. Nutrition & Lifestyle:** Note hydration, meals, movement, sleep, stress, supplements or other lifestyle factors you want to observe.

Tip: Look for patterns over several cycles rather than judging your fertility from a single symptom or one day of data.



Cycle Phase Guide

Use the options as prompts - circle what applies and add your own observations.

Cycle Phase	Start	End	Symptoms & Body Changes (circle any)	Mood / Emotions (circle any)	Nutrition & Lifestyle Notes
Menstrual Phase			■ Bleeding ■ Cramps ■ Fatigue ■ Headache ■ Lower energy ■ Back pain ■ Spotting	■ Reflective ■ Tired ■ Sensitive ■ Emotional ■ Low mood ■ Calm	Hydration; iron-rich foods; rest and gentle movement as needed.
Follicular Phase			■ Increasing energy ■ Lighter bleeding/none ■ Clearer skin ■ Improved focus ■ Less bloating ■ Higher motivation	■ Optimistic ■ Energised ■ Motivated ■ Focused ■ Positive ■ Sociable	Balanced meals with protein, healthy fats, leafy greens and colourful vegetables.
Ovulatory Phase			■ Mucus changes ■ Libido increase ■ Increased energy ■ Pelvic sensation ■ Heightened senses ■ Spotting	■ Confident ■ Sociable ■ Expressive ■ Positive ■ Energetic ■ Creative	Antioxidant-rich foods, zinc-containing foods, protein and good hydration.
Luteal Phase			■ Breast tenderness ■ Bloating ■ Appetite changes ■ Acne ■ Fatigue ■ Sleep changes ■ PMS symptoms	■ Irritable ■ Sensitive ■ Introspective ■ Anxious ■ Emotional ■ Need more rest	Magnesium-rich foods, whole grains/complex carbohydrates, protein and hydration.

Cycle phases and symptoms vary between individuals and from cycle to cycle. The phase labels above are a tracking guide, not a diagnostic tool.



Daily Cycle Tracker - Days 1-14

Circle, tick or write what applies to you each day.

Day	Date	Flow	Cervical Mucus	BBT	Symptoms / Body Changes	Mood / Emotions	Ovulation Test	Notes
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								

Symptoms/body changes and mood/emotions can be written in or circled from the prompt lists on the Cycle Phase Guide and Extra Tracking Page.



Daily Cycle Tracker - Days 15-28

Circle, tick or write what applies to you each day.

Day	Date	Flow	Cervical Mucus	BBT	Symptoms / Body Changes	Mood / Emotions	Ovulation Test	Notes
15								
16								
17								
18								
19								
20								
21								
22								
23								
24								
25								
26								
27								
28								

Symptoms/body changes and mood/emotions can be written in or circled from the prompt lists on the Cycle Phase Guide and Extra Tracking Page.



Extra Tracking & Reflection Page

A little more space for the details that matter to you.

Date: _____ Cycle Day: _____ Cycle Phase: _____

Symptoms & Body Changes - circle any that apply

☐ Cramps ☐ Bloating ☐ Breast tenderness ☐ Headache ☐ Back pain ☐ Acne/breakouts ☐ Fatigue ☐ Nausea ☐ Increased energy ☐ Libido changes ☐ Sleep changes ☐ Digestive changes ☐ Food cravings ☐ Spotting ☐ Other: _____

Mood / Emotions - circle any that apply

☐ Happy ☐ Calm ☐ Confident ☐ Motivated ☐ Focused ☐ Energetic ☐ Sociable ☐ Irritable ☐ Anxious ☐ Emotional ☐ Low mood ☐ Reflective ☐ Creative ☐ Sensitive ☐ Tired ☐ Other: _____

Bleeding / Flow: ☐ None ☐ Spotting ☐ Light ☐ Medium ☐ Heavy

Cervical Mucus: ☐ Dry ☐ Sticky ☐ Creamy ☐ Watery ☐ Clear/slippery/egg-white-like

Energy Level: 1 2 3 4 5 6 7 8 9 10

Sleep: Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good ☐ Very good

Nutrition / Hydration: _____

Movement / Exercise: _____

Stress / Self-care: _____

Additional Notes / Reflections: _____

When to seek support: If you experience persistent cycle changes, very heavy bleeding, severe pain, or have concerns about your fertility, consider speaking with an appropriate healthcare professional.