

SYMPTO-THERMAL CHART FOR ONE CYCLE																																	
MONTH																																	
Day of 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
Date																																	
Day of Week																																	
Lunar Peak																																	
37.3																																	
37.2																																	
37.1																																	
37																																	
36.9																																	
36.8																																	
Temperature																																	
36.7																																	
36.6																																	
36.5																																	
36.4																																	
36.3																																	
36.2																																	
36.1																																	
36																																	
Conditions affecting temp																																	
MUCUS																																	
Texture																																	
Colour																																	
Amount																																	
External Sensation																																	
PAIN (period/cycle)																																	
HEADACHES																																	
NAUSEA																																	
BOWEL																																	
SKIN																																	
BREASTS																																	
FLUID RTN																																	
ENERGY																																	
Emotion/PMT																																	
CRAVINGS:																																	
S, C, St, F																																	
Intercourse																																	
Sexual Desire																																	
BLEEDING																																	
CLOTS																																	