

To fill out the chart, follow these instructions:

1. **Record the Day of Cycle:** This is the number of days since the first day of your last menstrual period (LMP). The first day of your LMP is considered Day 1.
2. **Fill in the Date:** Write down the date corresponding to each day of your cycle.
3. **Record your BBT:** Measure your basal body temperature (BBT) each morning before getting out of bed and after at least three hours of uninterrupted sleep. Use a BBT thermometer for accurate readings. Record the temperature in Fahrenheit (°F) and/or Celsius (°C).
4. **Observe and record Cervical Mucus:** Check your cervical mucus daily by inserting a clean finger into your vagina, collecting some mucus, and observing its consistency. Record your observations using terms like "dry," "sticky," "creamy," "watery," or "eggwhite."
5. **Use an Ovulation Predictor Kit (OPK):** If you're using an OPK, follow the manufacturer's instructions and record the results as "positive" or "negative."
6. **Make any additional Notes:** Record relevant information, such as menstruation, spotting, or anything else you feel is essential to track.

Repeat these steps for each day of your menstrual cycle. As you collect more data over several cycles, you'll be able to identify patterns and better understand your body's fertility signs.