### Natural Family Planning (NFP) Chart

**Start Date:** [Blank]  
**Chart #:** [Blank]  

**Earliest 1st Day**

| Cycle Day | 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 |
|-----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 98.5      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 98.0      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 97.5      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 97.0      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
| 96.5      |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

### Intercourse & Other Signs

- **I** - Intercourse
- **B** - Breast sensitivity
- **P** - Abnormal pain or cramps
- **Y** - Illness
- **Z** - Later temp. or up late
- **- Other (add individual)**

### Discharges

- **M** - Menstruation
- **S** - Spotting or scant bleeding
- **D** - Dry or "damp-dry"
- **W** - Wetness or increased mucus seen or felt
- **(W)** - Last day of wet lubricative sensation of "Stretchy Mucus"
- **T** - Thick or tacky mucus
- **SF** - Seminal fluid

### Mucus

- **NSNF** - Nothing seen, nothing felt

http://richardstep.com