

Natural Family Planning (NFP) Chart

Start Date: _____ Chart #: _____

Earliest 1st Day

Name: _____ Age: _____ Cycle Variation: _____ to _____ (# Cycles: _____) of Thermal Shift _____

* Reminder: monthly breast self-exam.

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																																															
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Intercourse & Other Signs																																																		
Discharges																																																		
Temp																																																		
Mucus Description/ Sensation																																																		
Date																																																		
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Internal Mucus																																																		
Cervix																																																		

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 or of "Stretchy Mucus" = **PEAK DAY**
 T - Thick or tacky mucus
 SF - Seminal fluid