

Date																																									
Day of the week																																									
Day of cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1	1	1	1	1	2	2	2	2	2	2	2	2	2	2	2	3	3	3	3	3	3	3	3	3	3	4
Temperature:																																									
37.5																																									
37.4																																									
37.3																																									
37.2																																									
37.1																																									
37.0																																									
36.9																																									
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36.6																																									
36.5																																									
36.4																																									
36.3																																									
36.2																																									
36.1																																									
36.0																																									
Moon																																									
Mucous:																																									
Menstruation																																									
Spotting																																									
None																																									
Sticky																																									
Creamy																																									
Eggwhite																																									
Watery																																									
Mood:																																									
Happy																																									
Sad																																									
PMS																																									
Cramps																																									
Tender Breasts																																									
Energy 0 -10																																									
Exercise																																									
Diet																																									
Water (litres)																																									