CCL Daily Chart No. _____ Month _____ Year _____

Name _____ Age _____

Address _____ Phone ( ) _____

City _____ State _____ Zip _____

Previous Cycle Variation: Short _____ Long _____

Cycle variation based on _____ recorded cycles

Earliest "first day of temperature rise" ____ based on ____ cycles

This cycle = _____ days Height _____ Weight _____

Membership # _____

Website: www.ccli.org

Day (6) reminder: monthly breast self-examination

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 34 35 36 37 38 39 40 41 42

Menstruation

Coitus record

Day of week

Day of month

Disturbances

Temps:

Usual Time _____

Oral _____

Rectal _____

Vaginal _____

°F	°C
99.0	37.1
98.8	37.0
98.6	36.9
98.4	36.8
98.2	36.7
98.0	36.6
97.8	36.5
97.6	36.4
97.4	36.3
97.2	36.2
97.0	36.1

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 34 35 36 37 38 39 40 41 42

Mucus:
wet-dry
consistency
color, etc.

external observations

Peak day*

internal observations

Cervix:
closed-open
low-high
firm-soft

Notes:
spotting
schedule changes
pains, moods, etc.

Length of luteal phase (by temperatures) this cycle _____
(Count first day above LTL through last day of cycle.)

Analysis
Last Day of Phase I _____ by Rule _____
Low Temperature Level _____ H.T. Level _____
Peak Day _____ First Day of Cervix Closing _____
Start of Phase III = _____ by Rule _____
Alternative III = _____ by Rule _____

*** Peak day** is the last day of the more-fertile mucus before the drying-up process begins.

Counseling is a privilege of membership.

Mucus Symbols (See "Charting" in *The Art of NFP*)
Feelings or sensations
D = feelings of dryness on external labia
N = no feelings of dryness or lubrication
Sl = slippery or lubrication feelings
W = feelings of wetness on external labia

Qualities you can see
C = clear
Cl = cloudy
O = opaque
S = stretchy, raw egg-white
T = tacky, or sticky
Y = yellowish

Other mucus symbols
M = a less-fertile mucus that is hard to describe more precisely
P = Peak day*
Quantity: +, ++, +++
SR = seminal residue
Stretch: in inches

Cervix Symbols
• = closed O = open
L = low H = high
F = firm S = soft

14-chart booklet: $3.25 (shipping included)
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