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
secretion description texture, sensation spot, scent, taste color																																								

secondary signs

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
☾																																								

Name _____

fertility chart # _____

Date _____

Secretions signs	Vaginal sensation
B **bleeding**	
***** **spots**	watery\ dry
D **dryness** nothing	dry
N **non fertile** acidic, thick, sticky dry, pasty crumbly	dry\ sticky
Ⓕ **fertile** milky, creamy, watery, lotion, smooth, wet	watery\ wet
Ⓥ **very** fertile wet, slippery, egg white, glossy, neutral	wet

○ = open

○ = medium

● = closed

○ ○ ●

s m h

s = soft

m = medium

h = hard