Natural Family Planning

☐ Postpone Pregnancy
☐ Conceive
☐ Nursing Mother
Baby's Age_____

CYCLE NO._____
SHORTEST_____
LONGEST_____
TEMP.TIME_____
METHOD_____

SENSATION
D - DRY
W - WET
(W) - PEAK WETNESS
DISCHARGE
■ - MENSES, FULL FLOW
◣ - SLIGHT FLOW, SPOTTING
Y- OPAQUE,YELLOW,WHITE
NON-STRETCHY
L- CLEAR, WATERY,
SMOOTH, SLIPPERY
(L) - PEAK
T - THICK, TACKY
SR - SEMINAL RESIDUE
OVULATORY SIGNS
B - BREAST SENSITIVITY
S - SPOTTING
P - MITTLESCHMERTZ,
(RIGHT, LEFT PAIN)
CERVIX
+ - OPEN (Show Degree of
Openness +,++,+++)
• - CLOSED
COITUS
X - COITUS

Natural Family Planning

NAME_____ WOMAN'S AGE _____
MONTH _____ DAY _____ YEAR _____ COUPLE NO._____

DATE																																								
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
98.0																																								
.9																																								
.8																																								
.7																																								
.6																																								
97.5																																								
.4																																								
.3																																								
.2																																								
.1																																								
97.0																																								
.9																																								
.8																																								
.7																																								
.6																																								
96.5																																								
.4																																								
.3																																								
.2																																								
.1																																								
96.0																																								
.9																																								

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
TEMP																																									
SENSATION																																								
DISCHARGE																																								
OV SIGNS																																								
CERVIX																																								
COITUS																																								
NOTES																																								

The Catholic Diocese of Kalamazoo, Marriage and Family Office, 215 N. Westnedge Avenue, Kalamazoo, MI 49007. Phone 269-349-8714