



**Fertility
Plan**

THE FERTILITYPLAN OVULATION CALENDAR AND CHART MONTH: _____

Date From: ___/___/_____ Date To: ___/___/_____

Temperature °F / °C	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		
98.15 / 36.75																																						
98.06 / 36.70																																						
97.97 / 36.65																																						
97.88 / 36.60																																						
97.79 / 36.55																																						
97.70 / 36.50																																						
97.61 / 36.45																																						
97.52 / 36.40																																						
97.43 / 36.35																																						
97.34 / 36.30																																						
97.25 / 36.25																																						
97.16 / 36.20																																						
97.07 / 36.15																																						
96.98 / 36.10																																						
96.89 / 36.05																																						
96.80 / 36.00																																						
96.71 / 35.95																																						
96.62 / 35.90																																						
96.53 / 35.85																																						
96.44 / 35.80																																						
96.35 / 35.75																																						
96.26 / 35.70																																						
96.17 / 35.65																																						
96.08 / 35.60																																						
95.99 / 35.55																																						
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		
Time																																						
Day of the week																																						
Day of the Month																																						
Ovulation test result																																						
Cervical mucus																																						
Saliva test result																																						
Period																																						
Sexual Intercourse																																						
Pregnancy test																																						
Other Notes																																						

Legend MUCUS D = DRY S/W = STICKY/WET E = EGG WHITE