



**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