

Cycle Dates 2/20/25-3/11/25

Chart # 2

Peak Day 16

Temp time

Luteal phase

Cycle length 31

| 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              |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Weekday / Date  | <del>2/20</del> | <del>2/21</del> | <del>2/22</del> | <del>2/23</del> | <del>2/24</del> | <del>2/25</del> | <del>2/26</del> | <del>2/27</del> | <del>2/28</del> | <del>2/29</del> | <del>3/1</del> | <del>3/2</del> | <del>3/3</del> | <del>3/4</del> | <del>3/5</del> | <del>3/6</del> | <del>3/7</del> | <del>3/8</del> | <del>3/9</del> | <del>3/10</del> | <del>3/11</del> | <del>3/12</del> | <del>3/13</del> | <del>3/14</del> | <del>3/15</del> | <del>3/16</del> | <del>3/17</del> | <del>3/18</del> | <del>3/19</del> | <del>3/20</del> | <del>3/21</del> | <del>3/22</del> | <del>3/23</del> | <del>3/24</del> | <del>3/25</del> |
| Colours         | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del> | <del>Red</del> | <del>Red</del> | <del>Red</del> | <del>Red</del> | <del>Red</del> | <del>Red</del> | <del>Red</del> | <del>Red</del> | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  | <del>Red</del>  |                 |
| Sensation       |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                |                |                |                |                |                |                |                |                |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |
| Description     | M               | H               | M               | L               | M               | L               | M               | L               | M               | L               | M              | L              | M              | L              | M              | L              | M              | L              | M              | L               | M               | L               | M               | L               | M               | L               | M               | L               | M               | L               | M               | L               | M               | L               |                 |
| Sexual Activity |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                |                |                |                |                |                |                |                |                |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |
| Miscellaneous   |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                |                |                |                |                |                |                |                |                |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |                 |

BBT  
 37.3  
 37.2  
 37.1  
 37.0  
 36.9  
 36.8  
 36.7  
 36.6  
 36.5  
 36.4  
 36.3  
 36.2  
 36.1  
 36.0

Day of Cycle

Notes

1 AM night before 2 drinks

Dark blood mostly. EHR

Mucus / clots

Red blood. Mucus. 8:30 AM

Apoptosis 7:30 AM

Melting Flax. Red blood. 7:10 AM

Medicine 8:00

Body red. Back to work. Acupuncture 7:40

No dots. Red / Brown. 7:40

Body nothing. Fastest brown. 7:40

Body at 1:30 AM. Day. 9:20 AM

The drill day. 7:50 AM

Yoni steady. 7:50 AM

Yoni steady. Night. 7:00 AM

Yoni steady. Oil. 7:00 AM

8:00 AM

Acupuncture Massage. 7:50 AM

Body at 1:30 AM. 6:50 AM

Child. 8:20 AM

LH Surge. 8:20 AM

6:50 AM

Body at 1:30 AM. 7:50 AM

Ibuprofen. High dosage. 7:20 AM

Ibuprofen. Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM

Prostaglandin. 7:20 AM