

NAME: _____	MONTHS: _____							CHART #: _____							I.D.# _____																						
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		
Day of Month																																					
Stamps																																					
Sensation																																					
Description																																					
Misc.Symptoms Stress/Illness																																					
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NOTES

DEFINITIONS

PEAK TYPE MUCUS = any mucus discharge that is clear, stretchy or lubricative
 NON-PEAK TYPE MUCUS = any mucus discharge that is NOT clear, stretchy or lubricative.
 THE PEAK DAY = the last day of any mucus discharge that is clear stretchy or lubricative

Justisse Method chart for women charting mucus alone.