

|                                 |          |          |          |     |     |     |           |           |          |           |          |           |          |     |          |           |          |           |          |     |          |          |          |           |           |           |          |           |     |     |     |          |     |     |     |     |  |
|---------------------------------|----------|----------|----------|-----|-----|-----|-----------|-----------|----------|-----------|----------|-----------|----------|-----|----------|-----------|----------|-----------|----------|-----|----------|----------|----------|-----------|-----------|-----------|----------|-----------|-----|-----|-----|----------|-----|-----|-----|-----|--|
| 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                       | D        | D        | D        | D   | D   | D   | D         | D         | S        | S         | D        | D         | D        | D   | D        | S         | S        | D         | D        | D   | D        | D        | D        | D         | D         | S         | S        | D         | D   | D   | S   | D        | D   | D   | D   |     |  |
| Description                     | OAD      | OAD      | OAD      | OAD | OAD | OAD | OAD       | 2x1       | 6C<br>x2 | 6pc<br>AD | OAD      | OAD       | OAD      | OAD | 4x1      | 6pc<br>x1 | 4x2      | OAD       | OAD      | OAD | OAD      | OAD      | OAD      | OAD       | OAD       | OAD       | 8C<br>x1 | 6pc<br>x2 | OAD | 2x1 | 2x2 | 6C<br>x1 | OAD | OAD | OAD | OAD |  |
| Misc.Symptoms<br>Stress/Illness |          |          |          |     |     |     |           |           |          |           |          |           |          |     |          |           |          |           |          |     |          |          |          |           |           |           |          |           |     |     |     |          |     |     |     |     |  |
| 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                          | ●        | ●        | ●        | ▲   | ▲   | ▲   | ●         | ●         | ●        | ●         | ●        | PK        | ▲        | ▲   | ▲        | ●         | ●        | ●         | ●        | ●   | ●        | ●        | ●        | ●         | ●         | ●         | ●        | ●         | ●   | ●   | ●   | ●        | ●   | ●   | ●   | ●   |  |
| Sensation                       | S        | S        | S        | D   | D   | D   | D         | D         | D        | S         | S        | L         | S        | S   | D        | D         | D        | D         | D        | D   | S        | S        | L        | L         | S         | S         | D        | D         | D   | D   | D   | D        | D   | D   | D   | D   |  |
| Description                     | 6C<br>x2 | 6C<br>x2 | 8C<br>x1 | OAD | OAD | OAD | OAD       | OAD       | OAD      | 6C<br>x1  | 8K<br>x2 | 10K<br>x1 | 6C<br>x1 | OAD | OAD      | 4x1       | 2x2      | OAD       | OAD      | OAD | 6C<br>x3 | 8K<br>x2 | 8K<br>AD | 10C<br>x1 | 6pc<br>AD | 6pc<br>x1 | OAD      | OAD       | OAD | OAD | OAD | OAD      | OAD | OAD | OAD |     |  |
| Misc.Symptoms<br>Stress/Illness |          |          |          |     |     |     |           |           |          |           |          |           |          |     |          |           |          |           |          |     |          |          |          |           |           |           |          |           |     |     |     |          |     |     |     |     |  |
| 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                          | ●        | ●        | ●        | ●   | ●   | ●   | ●         | ●         | ●        | ●         | ●        | ●         | ●        | ●   | ●        | ●         | ●        | PK        | ▲        | ▲   | ▲        | ●        | ●        | ●         | ●         | ●         | ●        | ●         | ●   | ●   | ●   | ●        | ●   | ●   | ●   | ●   |  |
| Sensation                       | D        | D        | D        | D   | D   | D   | S         | S         | D        | D         | D        | D         | S        | D   | S        | S         | L        | L         | S        | S   | D        | D        | D        | D         | D         | D         | D        | D         | D   | D   | D   | D        | D   | D   | D   | D   |  |
| Description                     | OAD      | OAD      | OAD      | OAD | OAD | OAD | 6pc<br>x1 | 6pc<br>x1 | OAD      | OAD       | OAD      | OAD       | 6C<br>x2 | OAD | 8C<br>x1 | 8K<br>x1  | 8K<br>x2 | 10K<br>AD | 8C<br>AD | OAD | OAD      | OAD      | OAD      | OAD       | OAD       | OAD       | OAD      | OAD       | 4x1 | 2x1 | 2x2 | OAD      | 2x1 |     |     |     |  |
| Misc.Symptoms<br>Stress/Illness |          |          |          |     |     |     |           |           |          |           |          |           |          |     |          |           |          |           |          |     |          |          |          |           |           |           |          |           |     |     |     |          |     |     |     |     |  |

## Breastfeeding or Post Pill