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	1	2	3																	
Sensation					D	D	D	D	D	D	D	D	D	S	S	D	D	D	D	D	D	D	D	D	D	D	D								
Description	M	M	H	M	L OAD	L OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	8C x1	6K x1	OAD	OAD	OAD	4x1	4x1	2x1	OAD	OAD	OAD	OAD	2W x1	4AD								
Misc.Symptoms Stress/Illness										Limited mucus cycle.																									

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	1	2	3																	
Sensation	D	D						D	D	D	D	S	S	L	L	S	D	D	D	D															
Description	L OAD	L OAD	M	M	H	M	M	2x1	2x2	OAD	6C x1	6C x2	8C AD	10K x1	10KL AD	8C x1	OAD	OAD	4x1	2W x2															
Misc.Symptoms Stress/Illness									Short Post-Ovulatory phase.																										

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	D	D	D	D	D	D	D	D	D	D	D	S	D	D	D	S	D	S	D								
Description	VL OAD	VL OAD	L OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	2x1	OAD	4x2	OAD	OAD	OAD	4x2	OAD	4x3	4x1								
Misc.Symptoms Stress/Illness									Dry cycle – no mucus.																										

Infertility