Body-Feedback Menstrual Cycle Diary & BBT Chart

Name: **Month/Year:**

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	37	38	39	40	41	42
Actual Date																																										
Cervical Fluid Key: M = Moist S = Slippery T = Tacky W = White Y = Yellow																																										
Cervical Fluid																																										
Menstrual Flow Key: 1 = Spotting 2 = Moderate 3 = Heavy 4 = Clots																																										
Menstrual Flow																																										
Intercourse																																										
Time of Temp																																										
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
98.5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
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98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98
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97.5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
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97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97
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96.5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

Symptom Grading: 1 = Mild: does not interfere w/ activities 2 = Moderate: interferes w/ activities but not disabling 3 = Severe: disabling, unable to function

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	37	38	39	40	41	42
Mental / Emotional: Frustration																																										
Mental / Emotional: Irritability																																										
Mental / Emotional: Sadness																																										
Mental / Emotional: Crying easily																																										
Mental / Emotional: Anxiety																																										
Mental / Emotional: Depression																																										
Cramps																																										
Abdominal pain																																										
Low back pain																																										
Tender Breast																																										
Physical: Headache																																										
Physical: Migraine																																										
Physical: Bloating																																										
Physical: Insomnia																																										
Physical: Acne																																										
Physical: Fatigue																																										
Physical: Constipation																																										
Physical: Diarrhea																																										
Physical: Appetite Change																																										