

CF - Cervical Fluid
 D: Dry; S: Sticky
 E: Eggwhite consistency
 W: Wet
 M: Menstrual period

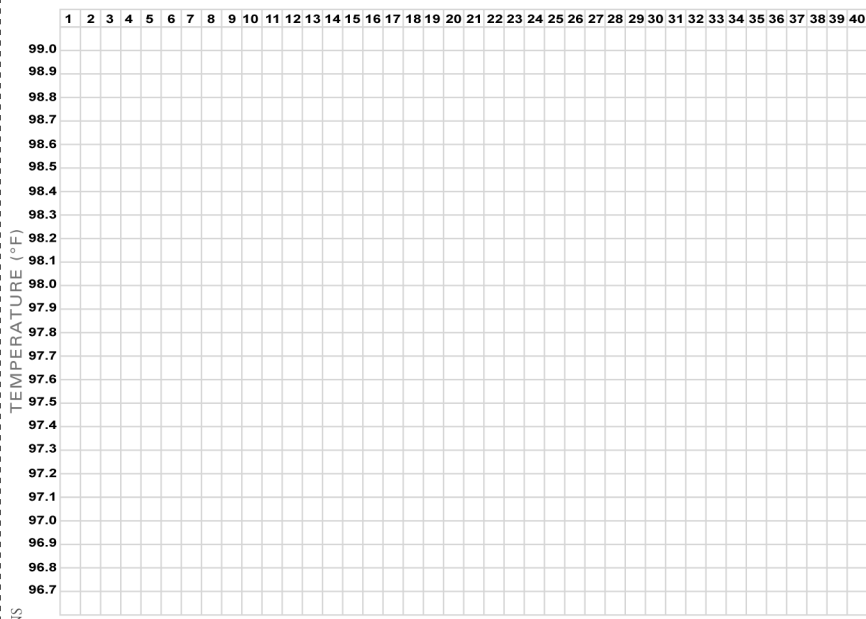
SI - Sexual Intercourse

OS - Other Symptoms
 P: Pain
 B: Breast distention
 S: Spotting/Bleeding
 E: Emotional



* Please feel free to make copies of this chart, or download from www.SAMSUNGHealthyLiving.com/pdf/chart.pdf.

MONTH & DATE: TEMPERATURE Taken Regularly at: AM PM



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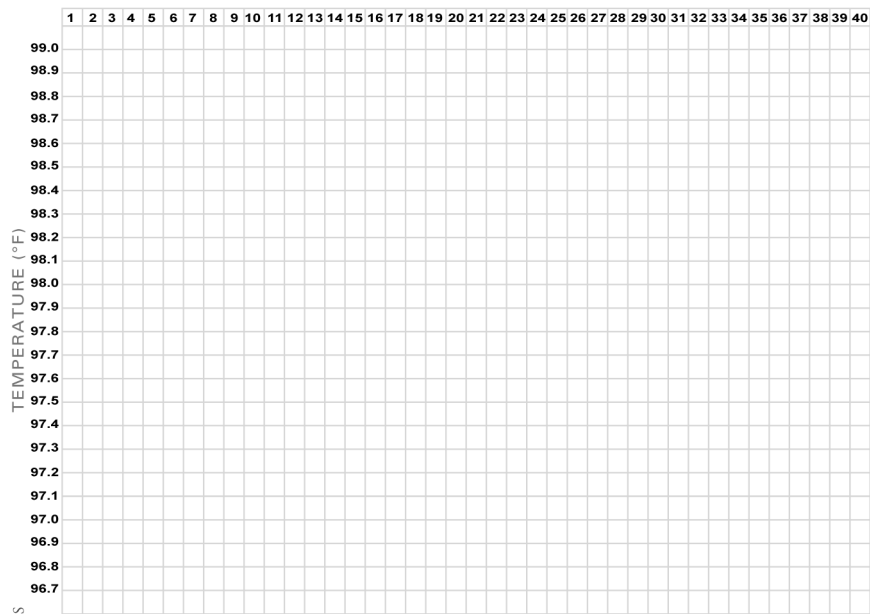
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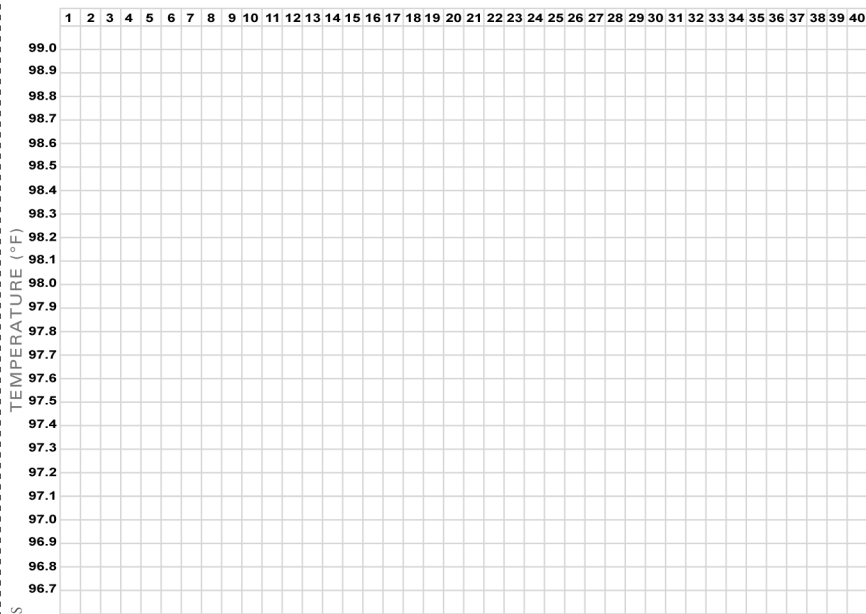
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