

# Cycle Tracker

Make a circle to indicate your basal body temperature on each day of your cycle. Then connect the dots to create a line graph.

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<b>Sex</b>																																													
<b>Bleeding</b>																																													
<b>Mucus</b>																																													
<b>Symp.</b>																																													
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H – Headache  
I – Insomnia  
SP – Spotting

BL – Black Blood (during period)  
P – Pink Blood  
PP – Purple Blood

R – Red, Fresh Blood  
C – Clots in Blood  
T – Thin, Watery Blood

CR – Cramping  
BT – Breast Tenderness  
E – Emotional (angry, weepy, etc.)

B – Back Pain  
W – Mucus, but not a fertile  
YM – Yellow Mucus

ST – Sticky Mucus  
SL – Slippery Mucus  
RM – Rubber Cement-Like Mucus