Natural Solutions Acupuncture Inc.
888 871 8889
www.ArtAcu.Com

Client's Name: ______________________________

Month(s): ____________________ Year: ________

Length of last 3 cycles: ______ / ______ / ______

Date	Day of Week	Intercourse	Time temp taken	Cycle Day	**Waking Temp.** Temperature to be taken each morning immediately upon waking. Please keep thermometer in mouth for 3-5 minutes	**Bleeding/spotting** (+, ++, +++, SP)	**Cervical Fluid**	**Cervical Fluid Description** G = thick & pasty L = sticky or wet S = stretchy, slippery P = lubricating	**Ovulatory pain**	**Notes** (Fever, illness, travel, stress, insomnia or less than 3 hours uninterrupted sleep, emotions, etc)	**Cramps**	**Bloating**	**Headache**	**Sore Breasts**	**Emotional**
				1	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				2	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				3	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				4	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				5	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				6	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				7	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				8	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				9	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
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				13	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				14	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				15	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				16	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				17	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
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				21	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
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				25	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
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				28	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
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				30	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
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				38	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				39	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										
				40	1 99 9 8 7 6 5 4 3 2 1 98 9 8 7 6 5 4 3 2 1 97 9 8										