



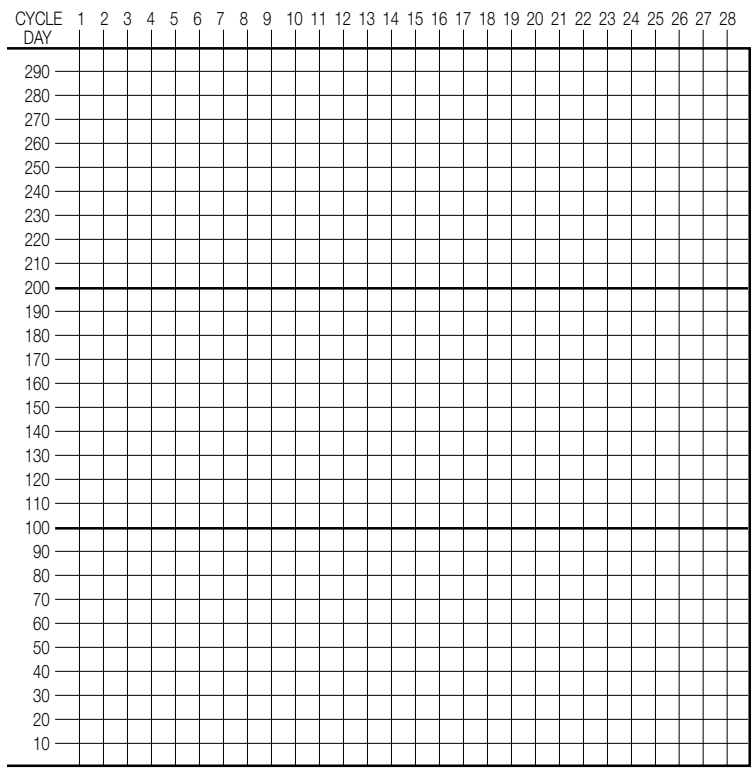
Name \_\_\_\_\_  
 Month \_\_\_\_\_ Year \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Dr. Name \_\_\_\_\_  
 Phone \_\_\_\_\_

Cycle		Oral	Vaginal	Notes
Date	Day			
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
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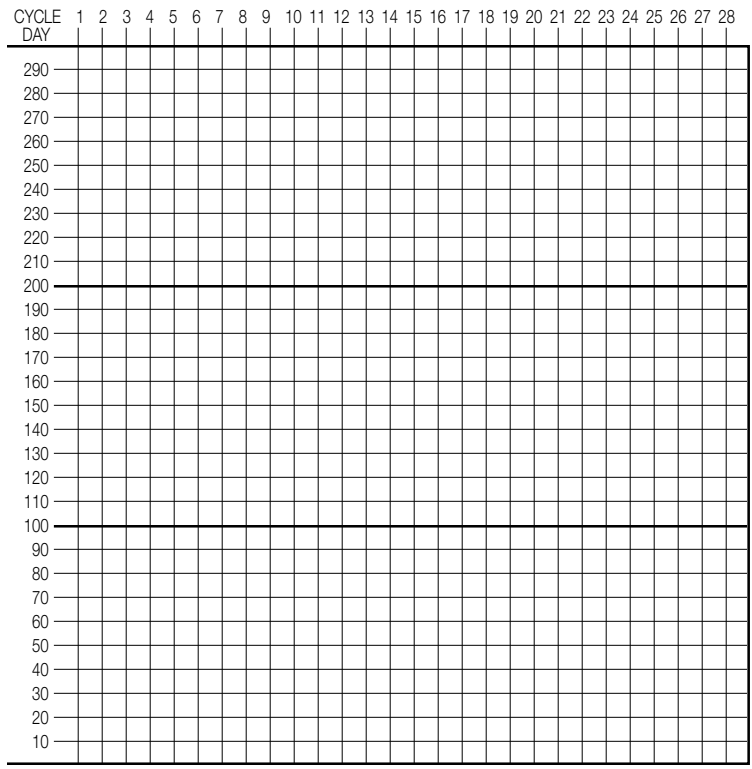
*CUE PEAK is a high oral reading followed by two or more lower ones. It signals ovulation in about a week.*

*VR Low is the lowest vaginal reading after the CUE PEAK. It is usually about the same number each cycle. It signals ovulation in the next day or two.*

*VR RISE is the high vaginal reading after the VR Low. It signals ovulation is occurring.*



*Please note: Since the CUE Peak is rarely seen before Day 4, it is not necessary to chart readings for Days 1, 2, and 3.*



ORAL READINGS

VAGINAL READINGS