THREE-MONTH OVULATION TRACKER

CYCLE DAY	MONTH:									MONTH:									MONTH:								
	Date	Basal Temp.	No mucus	Colour			Text.		Urine test	Date	Basal Temp.	No mucus	Colour			Text.		Urine test	Date	Basal Temp.	No mucus	Colour			Text.		Urine test
				Creamy	Cloudy	Clear	Sticky	Stretchy					Creamy	Cloudy	Clear	Sticky	Stretchy					Creamy	Cloudy	Clear	Sticky	Stretchy	
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