

CERVICAL FLUID TRACKING CHART

MONTH _____ YEAR _____

Day/ Date	Cervical Mucous	Vaginal Sensation	Symptoms
1			
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as nature intended

NATUROPATH FOR WOMENS HEALTH

CERVICAL FLUID TRACKING CHART

EXAMPLE

MONTH OCT/ SEPT YEAR 2015

Day/ Date	Cervical Mucous	Vaginal Sensation	Symptoms
1 15th	Period		
2 16th	Period		
3 17th	Period		
4 18th	Period		
5	Spotting		
6	Spotting		
7	Nil	Dry	
8	Nil	Dry	
9	Nil	Dry	
10	Sticky	Dry	
11	Sticky	Sticky	
12	Creamy	Wet/ cold	
13	Clear	Wet	
14	Clear	Wet/ Slippery	
15	Egg-white	Slippery	
16	Nil	Dry	
17 1 st	Nil	Dry	
18 2 nd	Nil	Dry	
19 3 rd	Nil	Dry	
20 4 th	Nil	Dry	
21	Nil	Dry	
22	Nil	Dry	
23	Sticky	Wet	
24	Nil	Dry	
25	Nil	Dry	
26	Nil	Dry	
27	Nil	Dry	
28	Nil	Dry	Sore breast/ PMS
29	Sticky	Sticky	Sore breast/ PMS
30 14 th	Period		Sore breasts
31			
32			
33			
34			



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