Appendix B:
Sample NFP Charts

The Cervical Mucus Method

Month / Date																																					
Days of the Menstrual Cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35		
Symbol																																					
Appearance and Sensation																																					

Month / Date																																					
Days of the Menstrual Cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35		
Symbol																																					
Appearance and Sensation																																					

Month / Date																																					
Days of the Menstrual Cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35		
Symbol																																					
Appearance and Sensation																																					

Chart modified from Family Fertility Education: A Resource Package for Teachers of Natural Family Planning, 1982, World Health Organization and BLAT Centre for Health and Medical Education.

Natural Family Planning Chart

Chart No. _____

DATE																																									
99.4	37.3																																								
99.2	37.2																																								
99.0	37.1																																								
98.8	37.0																																								
98.6	36.9																																								
98.4	36.8																																								
98.2	36.7																																								
98.0	36.6																																								
97.8	36.5																																								
97.6	36.4																																								
97.4	36.3																																								
97.2	36.2																																								
97.0	36.1																																								
96.8	36.0																																								
DAY		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Mucus symbol																																									
Appearance and sensation																																									
Breast tenderness or fullness																																									
Intermenstrual pain																																									
Intermenstrual bleeding																																									
Disturbances																																									
Sexual intercourse or genital contact																																									

NATURAL FAMILY PLANNING CHART

Usual Time of Day

CYCLE HISTORY:

Shortest _____

Longest _____

Month _____

Last Cycle _____

Year _____

NAME _____

Cycle Number _____

| Basal Body Temperature | | |

NATURAL FAMILY PLANNING CHART

Usual Time of Day

CYCLE HISTORY:

Shortest _____

Longest _____

Month _____

Last Cycle _____

Year _____

NAME _____

Cycle Number _____

Basal Body Temperature

99.0

98.0

97.1

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Date																																								
Day																																								
Intercourse																																								
Mucus																																								
Cervix																																								
Notes																																								
Mucus Description																																								
Sensation																																								
Disturbances, Schedule Changes, etc.																																								

MUCUS SYMBOLS:

* Menses

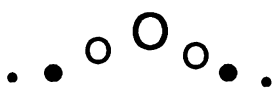
D — Dry Day No Mucus (and dry vaginal sensation)

M — Sticky, pasty crumbly mucus (and dry vaginal sensation)

(M) — Slippery, stretchy, wet mucus (and wet vaginal sensation)

(M) — Last day of very wet, slippery stretchy mucus (and wet vaginal sensation)

CERVIX SYMBOLS:



Shortest known cycle ____ days
Length of this cycle ____ days

Route of temperature: O | V | R
Time of taking temperature

Month
Date

| | | |