

RECORDING SHEET - FERTILITY AWARENESS (FA)

Name (or anonymous):

Date of birth:

Number of children:

Anamnesis/Exceptional circumstances/Stress situation:

Date of the 1st day of menstruation:

End:

Date	Necklace	Day of cycle	Cycle phases - possible FA signs	Vaginal Finger test	Personal body signs
		1.	First day of menstrual bleeding heavy bleeding, may be accompanied by nausea and abdominal pain		
		2.			
		3.			
		4.	Spotting, but you begin to feel better		
		5.			
		6.	Estrogen phase Your skin is clear, you are more active		
		7.			
		8.	Low probability of conception, but exceptions are possible		
		9.			
		10.	Expected period of conception starts		
		11.			
		12.	Ovulation phase High probability of conception Check for cervical mucus, temperature on awakening, tension in the breasts, possibly mid-cycle pain, which indicates ovulation		
		13.			
		14.			
		15.			
		16.			
		17.	Conception still possible		
		18.			
		19.	Expected start of the safe period, but: exceptions are possible		
		20.			
		21.			
		22.	Progesterone phase Many women begin to feel unwell, suffer from nausea, headaches, flatulence, breast tension, skin impurities		
		23.			
		24.			
		25.			
		26.			
		27.		End of the average menstrual cycle	
		28.	Longer cycles are possible		
		29.			
		30.			