

# The BloomHer Fertility Tracker

*Know your rhythm. Honor your bloom.*

Month: \_\_\_\_\_ Cycle day 1 (first day of period): \_\_\_\_\_

Cycle Day	Date	Temp (BBT)	Cervical Fluid	Energy	Mood	Intimacy	Notes
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							

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*Days 16-31*

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Cycle Day	Date	Temp (BBT)	Cervical Fluid	Energy	Mood	Intimacy	Notes
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							