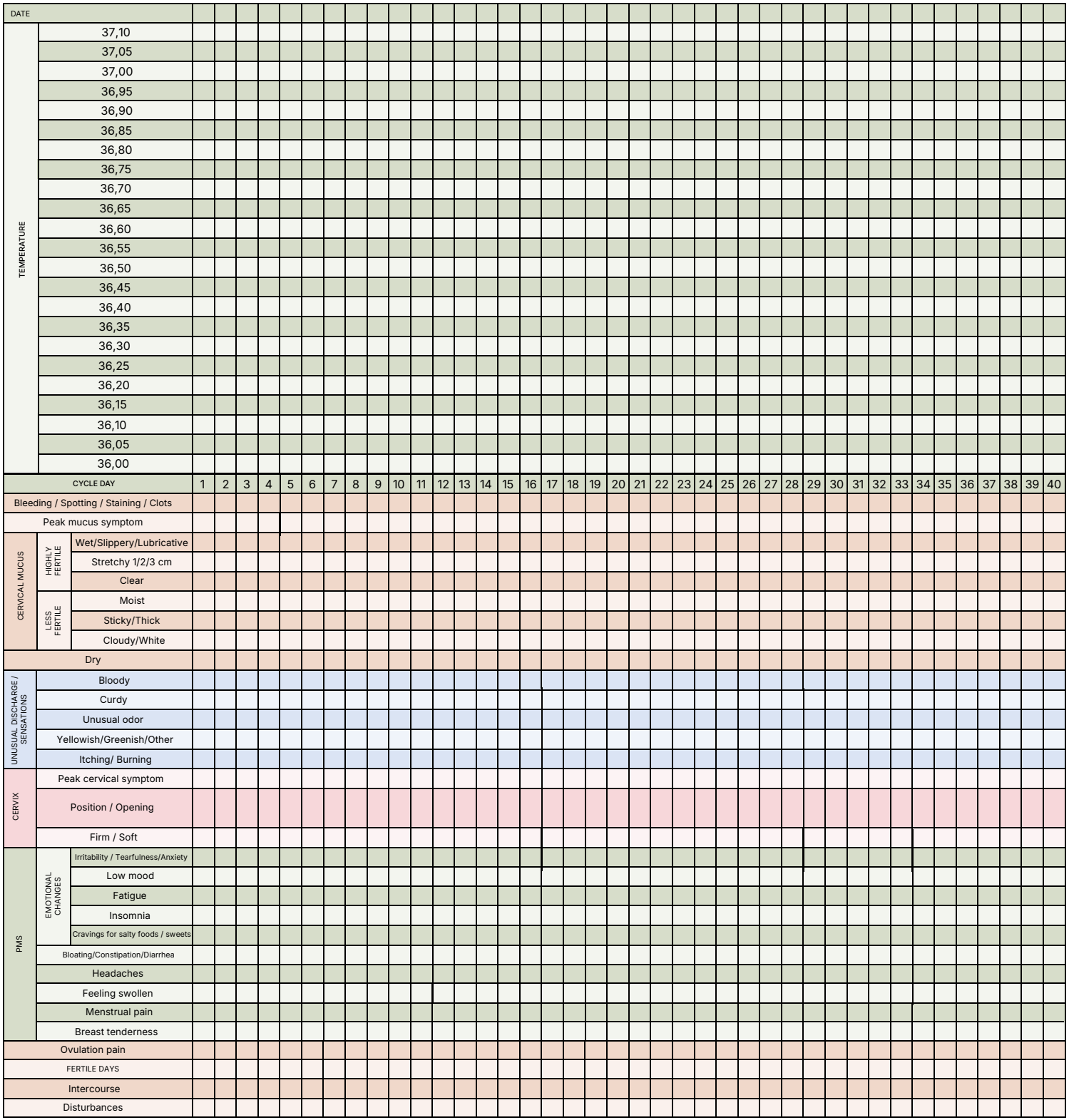

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OvuCycles®

DISCOVER YOUR CYCLE

CYCLE CHART

CONCEPTION

Planned ☐

Postponed ☐

Cycle Nr ☐

Next cycle chart number ☐

Last day of menstruation ☐

Longest of the last ☐ cycles ☐

Shortest of the last ☐ cycles ☐

ONSET OF FERTILITY

From Day 1 ☐

5-day rule ☐

Shortest cycle –21 ☐

Shortest cycle –20 ☐

Day of first mucus appearance ☐

First day of highly fertile mucus ☐

Peak mucus symptom day ☐

Peak mucus symptom day +3 ☐

Peak cervical symptom day ☐

Peak cervical symptom day +3 ☐

Third day of temperature above the cover line ☐

Luteal phase length ☐

Cycle length ☐

Temperature measurement time ☐

Remember to perform a monthly breast self-exam just after your period.