BloomHer

HOLISTIC WOMEN'S HEALTH

Fertility Tracker

Track. Nurture. Prepare. Your bloom is on the way.

This Cycle

CYCLE START DATE

TYPICAL CYCLE LENGTH

PREDICTED OVULATION

YOUR FERTILE WINDOW

LAST PERIOD STARTED

WHERE TO WRITE NOTES

Daily Cycle Log

Flow: light, medium, heavy. Mucus: dry, sticky, creamy, egg-white (egg-white means most fertile).
OPK: plus when LH surges. BBT: rises slightly just after ovulation.

DATE	DAY	FLOW	CERVICAL MUCUS	OPK	BBT	INTIMACY	NOTES

For education and personal organization only. This is not medical advice and does not replace your OB-GYN, endocrinologist, or fertility specialist. Bring it to every appointment.

You were made to bring life, and you are not walking this road alone. BloomHer