

10																	
9																	
8																	
7																	
6																	
5																	
4																	
3																	
2																	
1																	
0																	
Day of Cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Date																	
Menses Flow																	
Ovulation																	

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Day 15

Day 16

10																	
9																	
8																	
7																	
6																	
5																	
4																	
3																	
2																	
1																	
0																	
Day of Cycle	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	
Date																	
Menses Flow																	
Ovulation																	

Day 17

Day 18

Day 19

Day 20

Day 21

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30

Day 31

Day 32