






## My fertility calendar – example

Month/day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
January	☹️	☹️	☹️	☹️	☹️	☹️	☹️	☹️	😊	😊	😄	😄	😄	😄	😄	😊	😊	☹️	☹️	☹️	☹️	☹️	☹️	☹️	☹️	☹️	☹️	☹️	☹️	☹️	☹️	
February																																
March																																
April																																
May																																
June																																
July																																
August																																
September																																
October																																
November																																
December																																

Fertile    
 Less fertile    
 Infertile    
 Period    
 Intermenstrual bleeding 

## My fertility calendar

Month/day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
January																															
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March																															
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