

Beldam Fertility Awareness Chart

Month _____ Year _____ Age _____ Charting Cycle _____

Last 12 Cycles: Shortest _____ Longest _____ This Cycle Length _____ This Luteal Phase Length _____

Cycle 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	32	33	34	35	36	37	38	39	40			
Date	/																																										
Color																																											
Symbol																																											
Notes																																											