The Billings Ovulation Method® Chart your menstrual cycle

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Stamp or Symbol																					
Date																					
Sensation Appearance																					

	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Stamp or Symbol														
Date														
Sensation Appearance														