Hatch & Hope
WELLNESS GROUP

FERTILITY TRACKER

Colour in each day's box with the matching colour from the key.

	J	F	M	A	M	J	J	A	S	O	N	D
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SYMPTOMS KEY

	SPOTTING
	LIGHT
	MEDIUM
	HEAVY
	ACNE
	CRAMPS
	CRAVINGS
	FATIGUE
	HEADACHE

CYCLE LENGTH

JANUARY	
FEBRUARY	
MARCH	
APRIL	
MAY	
JUNE	
JULY	
AUGUST	
SEPTEMBER	
OCTOBER	
NOVEMBER	
DECEMBER	

NOTES