Your Natural Fertility NZ educator is ……..

Your next appointment is …….....

Day of the week and baby's weekly age																											
Number of feeds																											
Longest time between feeds																											
Mucus -colour, texture, amount																											
Sensation - dry, damp, moist, wet, nothing																											
37.0																											
.9																											
.8																											
.7																											
.6																											
36.5																											
.4																											
.3																											
.2																											
.1																											
36.0																											
Cervix																											