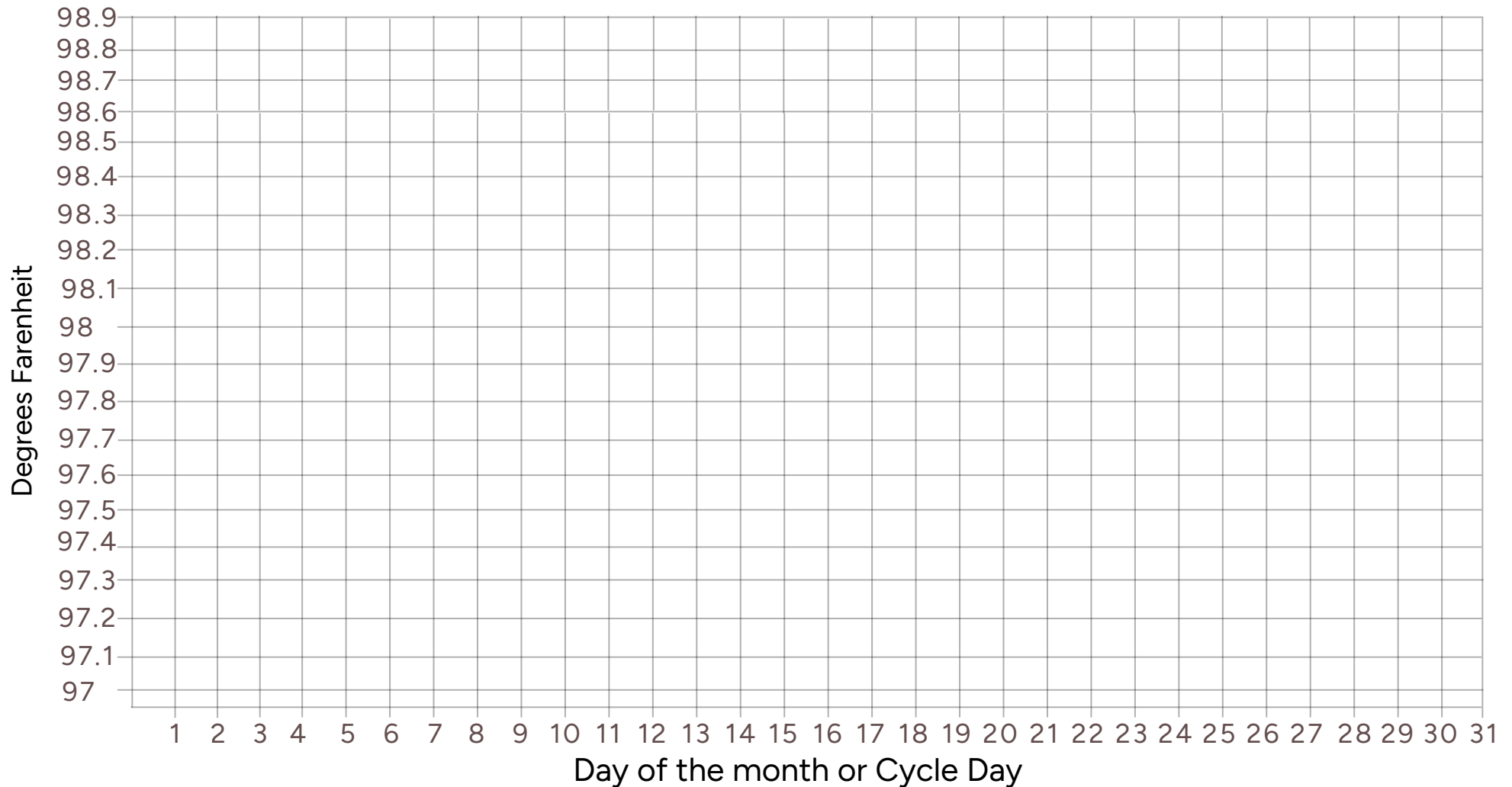
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- Note the days you have sex
- Start on the first day of your period
- Note any illness or bad sleep as it could affect your temperature



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