

Basal Body Temperature and Cervical Mucus Chart

Name: _____

Dates covered: ____/____/____ to ____/____/____

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	41	42	43	44	45						
Day of week																																																			
Date																																																			
Time																																																			
F - C																																																			
99.1 - 37.27																																																			
99.0 - 37.22																																																			
98.9 - 37.16																																																			
98.8 - 37.11																																																			
98.7 - 37.05																																																			
98.6 - 36.99																																																			
98.5 - 36.94																																																			
98.4 - 36.88																																																			
98.3 - 36.83																																																			
98.2 - 36.77																																																			
98.1 - 36.72																																																			
98.0 - 36.66																																																			
97.9 - 36.61																																																			
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97.7 - 36.49																																																			
97.6 - 36.44																																																			
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97.3 - 36.27																																																			
97.2 - 36.22																																																			
97.1 - 36.16																																																			
97.0 - 36.11																																																			
96.9 - 36.05																																																			
CM *																																																			
Intercourse																																																			
Cervical Mucus textures																																																			

* CM = cervical mucus: P=period, D=dry, M=mucus, E=eggwhite

Notes: (List any changes to your routine)