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																																												
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99.0 - 37.22																																												
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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)