Basal Body Temperature Chart

Name: _____ ***Dates***: _____ / _____ / _____ ***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
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Cervical Mucus																																													

cervical mucus abbreviations: M=menstration, D=dry, C=clear, E=egg white, S=sticky

Notes: List any events that may have altered results