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
WEEKDAY																																													
DATE																																													
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96.9																																													
CM*																																													
INTERCOURSE																																													
CERVICAL MUCUS TEXTURES																																													

*CM = CERVICAL MUCUS
P = PERIOD
D = DRY
M = MUCUS
E = EGG WHITE

NOTES: (List any changes to your routine)