



Basal Body Temperature and Cervical Mucus Chart

Dates covered: _____

Cycle number: _____

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					
Date																																													
Day of week																																													
Time																																													
Basal body temperature (°F)	99.4																																												
	99.3																																												
	99.2																																												
	99.1																																												
	99.0																																												
	98.9																																												
	98.8																																												
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96.9																																													
96.8																																													
96.7																																													
96.6																																													
CM type																																													
Sex																																													

CM types: P=period; D=dry; S=sticky rice; E=egg whites. **Notes:**
 Please download a copy to print by yourself if you need more at www.emayltd.com