

Basal Body Temperature and Cervical Mucus Chart

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		
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CM Type																																										
SEX																																										
Notes																																										

CM Types: P= Period, D=Dry, S= sticky rice, E=egg white

Notes: C=clots, cr=cramps, i= insomnia, n/v= nausea/vomit, d= diarrhea, a= alcohol night before, b=breast tenderness, m=mood changes

Time of temperature: _____, make note of days where you woke early or late with * and time

Notes/detailed descriptions: