

Basal Body Temperature and Cervical Mucus Chart

Month/Year: _____

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:																																										
Time:																																										
CM types:																																										
99.0																																										
98.9																																										
98.8																																										
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CM types: P=period | D=dry | T=thick | E=egg whites