

# Basal Body Temperature (BBT) 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												
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CM*																																																									
Intercourse																																																									
Cervical Mucous textures																																																									

\*CM = cervical mucus: P = period, D = dry, M = mucus, E = egg white

Notes: (list any changes to your routine)