

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																																											
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CM type																																											
Sex																																											

CM types: P=period; D=dry; S=sticky rice; E=egg whites. **Notes:**
 More info at www.babycenter.com/ovulation-chart.