

Basal Body Temperature 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										
Day of week																																																							
Date																																																							
Time																																																							
99.1																																																							
99.0																																																							
98.9																																																							
98.8																																																							
98.7																																																							
98.6																																																							
98.5																																																							
98.4																																																							
98.3																																																							
98.2																																																							
98.1																																																							
98.0																																																							
97.9																																																							
97.8																																																							
97.7																																																							
97.6																																																							
97.5																																																							
97.4																																																							
97.3																																																							
97.2																																																							
97.1																																																							
97.0																																																							
96.9																																																							
CM *																																																							
Intercourse																																																							
Cervical Mucus textures																																																							

* CM = cervical mucus: P=period, D=dry, M=mucus, E=eggwhite

Notes: (List any changes to your routine)