Name: _____ Month/Year: _____ / _____

Basal Body Temperature 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	41	42	43	44	45
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Time																																													
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97.1																																													
97.0																																													
Menses																																													
CM																																													
INT																																													
OPT																																													
HPT																																													
BPT																																													
Cervix																																													

Menses: H=Heavy, L=Light, S=Spotting
CM = Cervical Mucous: D=Dry, S=Sticky, C=Creamy, E=Eggwhite
INT = Intercourse
OPT = Ovulation Prediction Test: + = Postive, - = Negative
HPT = Home Pregnancy Test: + = Positive, - = Negative
BPT = Blood Pregnancy Test: + = Positive, - = Negative

Notes:

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