Cycle Start Date: _____

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
Date:																																									
Time:																																								
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PERIOD																																								
CER MUC																																								
CRAMPS																																								
INTER C.																																								
OPK																																								
HPT																																								

Your Cycles	
Longest Cycle Length:	days
Shortest Cycle Length:	days
This Cycles Length:	days

Notes

Charting Keys:	
Period:	S = Spotting
	L = Light
	M = Medium
	H = Heavy
Cervical Mucous	D = Dry
	S = Sticky
	C = Creamy
	E = Eggwhite
Cramps	Y = Yes
	N = No
Intercourse	Y = Yes
	N = No
Ovulation Test	+ Positive
	- Negative
Pregnancy Test	+ Positive
	- Negative

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