

FERTILITY CHART: Basal Body Temperature(BBT) and Cervical Mucus

NAME _____ Chart No _____

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					
Day of Week																																													
Date																																													
Time																																													
BBT/ °Fahrenheit																																													
99.1																																													
99.0																																													
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97.1																																													
97.0																																													
96.9																																													
CM*																																													
Intercourse																																													
Sensation																																													

*CM=Cervical Mucus D=Dry, M=Mucoid, E=Eggwhite, P=Period For BBT, mark an "x" in the right box and connect all the "x" to have a line

Notes/Special observations