babycenter

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																																								
Day of week																																								
Time																																								

Basal body temperature (°F)

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

CM type																																								
Sex																																								

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

Notes: