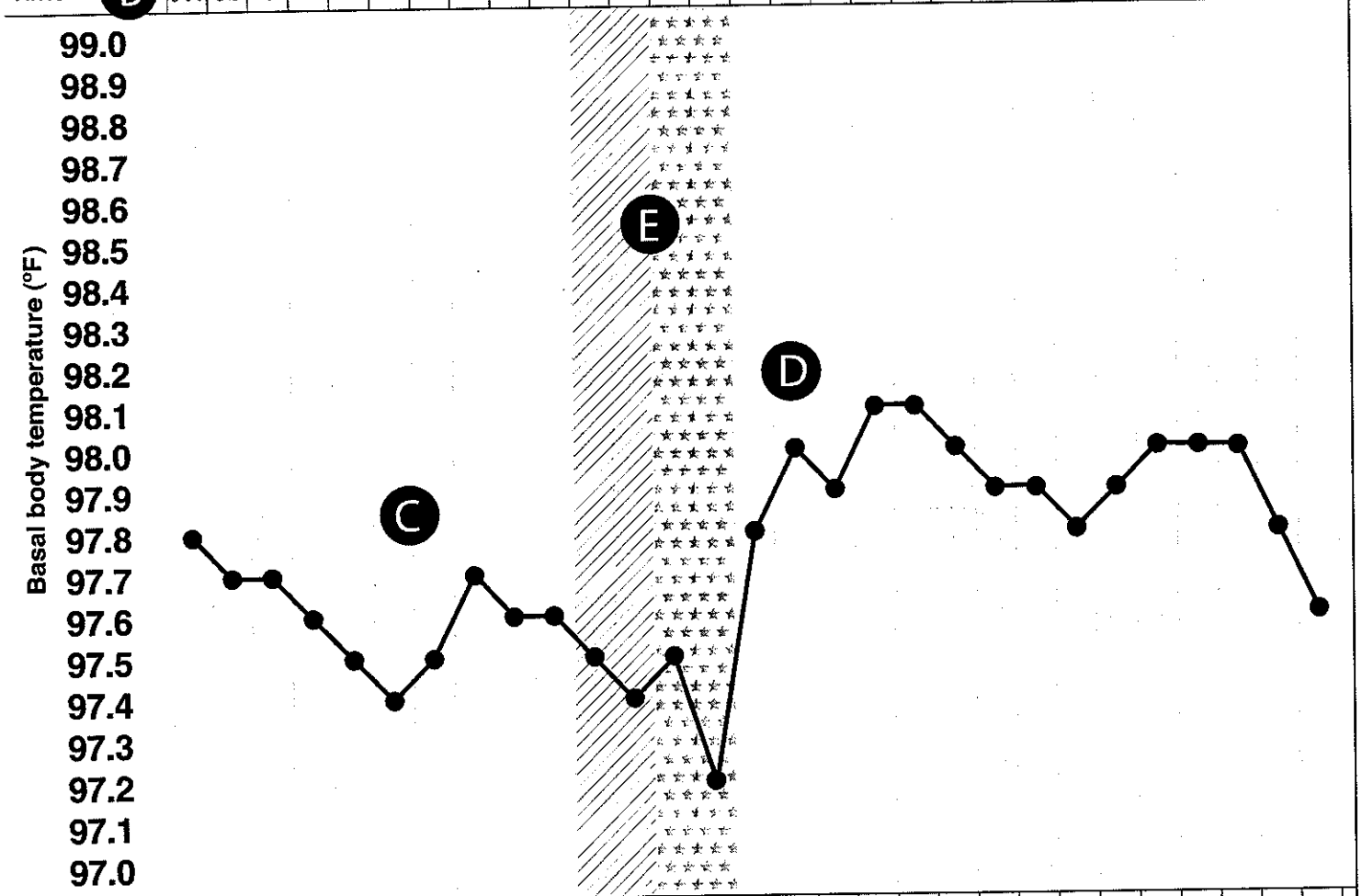
babycenter

Basal Body Temperature and Cervical Mucus Chart — SAMPLE

Dates covered: 3/14 – 4/12 Cycle number: 3

Cycle day (A)	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
Date	3/14	3/15	3/16	3/17	3/18	3/19	3/20	3/21	3/22	3/23	3/24	3/25	3/26	3/27	3/28	3/29	3/30	4/1	4/2	4/3	4/4	4/5	4/6	4/7	4/8	4/9	4/10	4/11	4/12	
Day of week	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	
Time (B)	8:00	8:15	7:50	8:30	7:15	9:00	8:15	8:00	8:30	7:45	8:15	8:20	9:10	7:45	8:40	8:00	9:00	8:50	7:30	7:15	8:00	8:15	7:50	8:30	7:15	9:00	8:15	8:00	8:30	



CM type (F)	P	P	P	P	D	D	D	S	S	S	E	E	E	E	S	S	S	S	S	S	S	S	D	D	D	D	D	D	P
Sex (G)									X		X		X		X				X			X						X	

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

Notes:

A Cycle day 1 is the day you get your period.

B The time you took your temperature. (Remember to do it before you get out of bed.)

C Each dot shows your temperature measurement that day. Connecting the dots helps you see how your temperature rises and falls through your cycle.

D A lasting surge in temperature shows that you ovulated two or three days earlier. (Here, ovulation was on cycle day 14.)

E Starred highlighting: the two days when you had the greatest chance of conceiving (the day of ovulation and the day before). Striped highlighting: other fertile days. These four days are the best ones to have sex.

F What your cervical mucus was like each day (see key in lower left). You can also describe it in other ways that are useful to you, like TH for thick, WH for white, or SL for slippery.

G The days that you had sex.