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	46
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Menses																																														
CM																																														
INT																																														
OPT																																														
HPT																																														
BPT																																														
Cervix																																														

Menses: H=Heavy, L=Light, S=Spotting

CM=Cervical mucus – D=Dry, S=Sticky, C=Creamy, E=Eggwhite

INT=Intercourse

OPT= Ovulation Prediction Test: + = Positive result, - = Negative result

BPT= Blood Pregnancy Test: + = Positive result, - = Negative result

HPT= Home Pregnancy Test: + = Positive result, - = Negative result

Notes