Basal Body Temperature and Cervical Mucus Chart

Name: _____ ***Dates covered:*** _____/_____/_____ ***to*** _____/_____/_____

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**
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*CM = cervical mucus: P=period, D=dry, M=mucus, E=egg white

Notes: (List any changes to your routine)