

Basal body temperature chart

CYCLE

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																																								
37.5																																								
37.4																																								
37.3																																								
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35.5																																								
DPO																																								
CM TYPE																																								
OPK RESULT (+/-)																																								
INTERCOURSE																																								
TIME																																								

CM (CERVICAL MUCUS) TYPE0 = None1 = Period2 = Sticky3 = Creamy4 = Watery5 = Egg White