Basal Body Temperature Chart (BBT and CM)

http://Baby-Desires.com

Month(s) _____ Year _____ This Cycle's Length _____

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
Date																																													
Day of Week																																													
Time Temp Taken																																													
Waking Basal Temperature (°C)																																													
37	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15
37	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10
37	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05	.05
37	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00	.00
36	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95	.95
36	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90	.90
36	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85	.85
36	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80	.80
36	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75
36	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70	.70
36	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65	.65
36	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60	.60
36	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55	.55
36	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50
36	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45	.45
36	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40	.40
36	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35	.35
36	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30	.30
36	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25
36	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20	.20
36	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15	.15
36	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10	.10
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
Intercourse																																													
OPK/LH Surge																																													
Vaginal Sensation*																																													
Cervical Fluid Description**																																													
Fertility Medication																																													
Other Notes (e.g. poor sleep, illnesses, work or family stress which may affect BBT readings and cycle length)																																													

* Note down OPK / LH Surge as: F=Faint Line B=Bold Positive Line

* Note down vaginal sensation as: D=Dry M=Moist W=Wet

** Note down cervical fluid description as: S=Sticky E=Eggwhite C=Creamy