OPK Tests.com

Month: _____ Cycle #: _____

Cycle Days

Temperature °F	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																																													
CP																																													
OPK																																													
BD																																													

CM *(Cervical Mucus)*
D: dry
S: sticky
C: creamy
W: watery
E: eggwhite consistency
M: menstruation

CP *(Cervical Position)*
H: high
M: medium
L: low
S: soft
F: firm

OPK *(Ovulation Predictor Kit)*
P: positive
N: negative

BD *(Baby Dance / Intercourse)*
BD: baby dance