



Basal Body Temperature and Cervical Mucus Chart

Dates covered: _____ Cycle number: _____

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																																												
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36.2																																												
36.1																																												
36.0																																												
CM Type																																												
Sex																																												

CM types: P=period; D=dry; S=sticky rice; E=egg whites

Bear in mind that if you've had a fever, drank alcohol, taken painkillers or had a lie in at the weekend, it will affect your basal body temperature. Find out more about charting your cervical mucus: www.babycenter.com.au/a3195.