Basal Body Temperature Chart

Fertility Cycle #:_____ ***Last 12 Cycles: Shortest_____ Longest_____*** ***Dates: _____ / _____ / _____ 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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Intercourse																																													
Cervical Mucus																																													
Cervical Position																																													
Period																																													

Cervical Mucus abbreviations: M=menstruation, D=dry, C=clear, E=egg white, S=sticky / Cervical Position abbreviations: F=firm, M=medium, S=soft / Period: B=Bleeding, S=Spotting

Notes: List any events such as travel, stress or illness that may have altered the results

For charting information please visit www.fertility-facts.com