Basal Body Temperature Menstrual Cycle Chart

Disturbances
Cyclical symptoms

Time
37.4
37.3
37.2
37.1
37.0
36.9
36.8
36.7
36.6
36.5
36.4
36.3
36.2
36.1
36.0
35.9
35.8
35.7
35.6
35.5

The Women's Natural Health Practice

	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																																										
	Menstruation																																										
Mucus	Wet, slippery, transparent, stretchy																																										
Mucus	Moist, white, cloudy, sticky																																										
Mucus	Dry, No secretions seen or felt																																										
Cervix	Position and opening																																										
Cervix	Firmness																																										
	Sexual Intercourse																																										
	Fertile days																																										

Name _____

Month & Year ☐☐

Cycle No. ☐☐☐

Temp taken O ☐ V ☐ R ☐

Earliest 1st higher temp in previous cycles ☐☐

Minus 8 (last safe day for contraception) ☐☐

Earliest first higher temp in this cycle ☐☐

Do you intent to become pregnant in ths next cycle?

Yes ☐

No ☐

Undecided ☐

Malteser ...weil Nähe zählt.

nfp NATÜRLICHE FAMILIENPLANUNG

Conforms to the Malteser NFP BBT charting system (Germany)

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