Basal Body Temperature Menstrual Cycle Chart

The Women's Natural Health Clinic

		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
	Disturbances																																								
	Cyclical symptoms																																								
	Time																																								
	37,4																																								
	37,3																																								
	37,2																																								
	37,1																																								
	37,0																																								
	36,9																																								
	36,8																																								
	36,6																																								
	36,5																																								
	36,4																																								
	36,3																																								
	36,2																																								
	36,1																																								
	36,0																																								
	35,9																																								
	35,8																																								
	35,7																																								
	35,6																																								
	35,5																																								
	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																																								
	Moist, white, cloudy, sticky																																								
	Dry, No secretions seen or felt																																								
Cervix	Position and opening																																								
	Firmness																																								
	Sexual Intercourse																																								
	Fertile days																																								

Name _____

Month & Year

Cycle No.

Temp taken O V R

Notes:

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