Basal Body Temperature Chart

Month: Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

Date																																							
Moon Phase																																									
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
Basal Body Temperature (°F)																																								
99.0																																								
98.9																																								
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Sex																																								
CM Type																																								
Spotting																																								
Symptoms:																																								

CM Types: P = Period; G = thick and pasty; L = sticky or wet;
S = stretchy and slippery; P = lubricating

Notes: