Basal Body Temperature and Cervical Mucus Chart (Honeysuckle Acupuncture Clinic)

Name **Dates covered: _____/ _____/ _____ 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	46	47	48	49	50
Day of week																																																		
Date																																																		
Time																																																		
F - C																																																		
99.1 - 37.27																																																		
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96.9 - 36.05																																																		
CM *																																																		
Intercourse																																																		

* CM = cervical mucus: P=period, D=dry, M=mucus, E=eggwhite

Notes: (List any changes to your routine)