

### Basal Body Temperature Chart - Name:

Date																																				
Day of week																																				
37.20																																				
37.10																																				
37.00																																				
36.90																																				
36.80																																				
36.70																																				
36.60																																				
36.50																																				
36.40																																				
36.30																																				
36.20																																				
36.10																																				
36.00																																				
35.90																																				
35.80																																				
<b>Cycle Day:</b>	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			
<b>CM</b>																																			<b>CM</b>	
<b>OPK</b>																																				<b>OPK</b>
<b>BD</b>																																				<b>BD</b>
<b>Spotting</b>																																				<b>Spotting</b>