

## Basal Body Temperature Chart

Cycle Day	01	02	03	04	05	06	07	08	09	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	
Weekday																																									
Date																																									
Time Temp Taken																																									
99.1																																									
99.0																																									
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96.9																																									
CM *																																									
Intercourse																																									
Menstrual Cycle																																									
Ovary Pain																																									
Cervical Mucus Textures																																									

Additional Notes: