



Basal Body Temperature (°C) and Cervical Mucus Chart

Date: From _____ To _____

CD	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				
Date																																												
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36.2																																												
36.1																																												
36.0																																												
CM																																												
OPK																																												
Sex																																												

CD = Cycle day; CM = Cervical mucus (D = Dry; E = Egg white; T = Thick & sticky; M = Menstruation); OPK = Ovulation predictor kit.
For more, check <https://checkovulation.com/what-you-need-to-know-about-bbt-charts-for-ovulation-tracking/>