

Basal Body Temperature Menstrual Cycle Chart

Disturbances Cyclical symptoms																																								
Time																																								
37.4																																								
37.3																																								
37.2																																								
37.1																																								
37.0																																								
36.9																																								
36.8																																								
36.7																																								
36.6																																								
36.5																																								
36.4																																								
36.3																																								
36.2																																								
36.1																																								
36.0																																								
35.9																																								
35.8																																								
35.7																																								
35.6																																								
35.5																																								
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
Date																																								
Menstruation																																								
Mucus	Wet, slippery, transparent, stretchy																																							
	Moist, white, cloudy, sticky																																							
	Dry, No secretions seen or felt																																							
Cervix	Position and opening																																							
	Firmness																																							
Sexual Intercourse																																								
Fertile days																																								

Name _____

Month & Year

Cycle No.

Do you intent to become pregnant in ths next cycle?

Yes

No

Undecided

Notes