

Basal Body Temperature and Cervical Mucus Chart

Name: Allison Coolidge	Date: Month 1
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[illegible]

Notes:

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Basal Body Temperature and Cervical Mucus Chart																																													
Name: Allison Coolidge													Date: Month 3																																
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
Day of the Week	W	th	f	sa	su	mo	tu	w	th	f	sa	su	mo	tu	w	th	f	sa	su	mo	tu	w	th	f	sa	su	mo	tu	w	th	f	sa	su	mo	tu	w									
Date																																													
Time																																													
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99																																													
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97.7		°						°					°		°	°				°	°		°		°			°	°		°	°													
97.6	°			°			°		°		°		°		°						°							°	°					°											
97.5										°																												°							
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97.3					°																																								
97.2																																													
97.1																																													
97																																													
96.9																																													
CM*	p	p	p	p	p																																								
Intercourse									x							x					x		x	x					x								p								
Cervical Mucus Textures																																													
*CM= cervical mucus; P=period, D=dry, M=mucus, E=eggwhite																																													
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