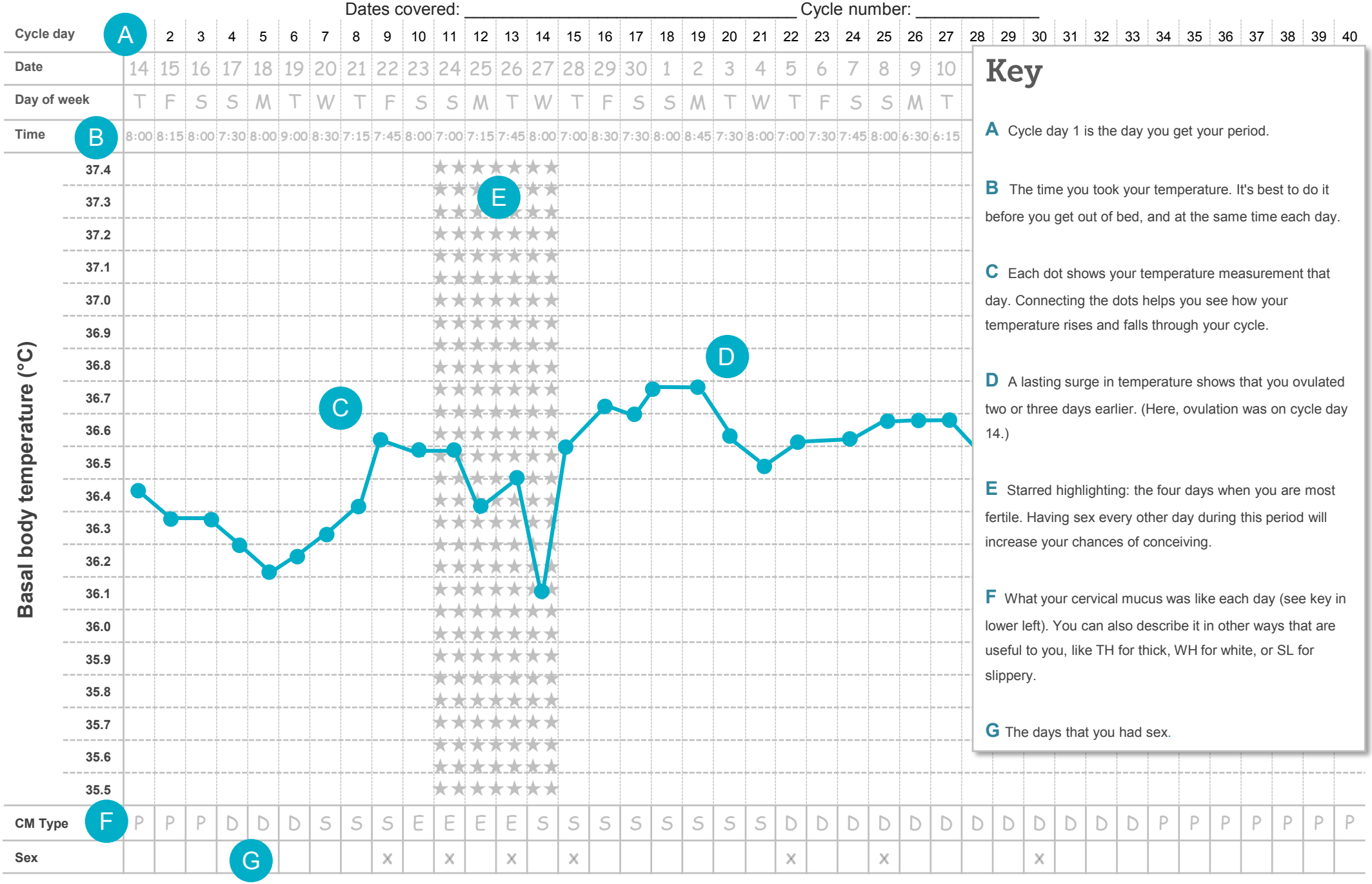
babycentre

Basal Body Temperature and Cervical Mucus Chart

Dates covered: _____ Cycle number: _____



Key

A Cycle day 1 is the day you get your period.

B The time you took your temperature. It's best to do it before you get out of bed, and at the same time each day.

C Each dot shows your temperature measurement that day. Connecting the dots helps you see how your temperature rises and falls through your cycle.

D A lasting surge in temperature shows that you ovulated two or three days earlier. (Here, ovulation was on cycle day 14.)

E Starred highlighting: the four days when you are most fertile. Having sex every other day during this period will increase your chances of conceiving.

F What your cervical mucus was like each day (see key in lower left). You can also describe it in other ways that are useful to you, like TH for thick, WH for white, or SL for slippery.

G The days that you had sex.

CM types: P=period; D=dry; S=sticky rice; E=egg whites

Bear in mind that if you've had a fever, drank alcohol, taken painkillers or had a lie in at the weekend, it will affect your basal body temperature. Find out more about charting your cervical mucus.