

## Basal Body Temperature and Cervical Mucus Chart

Name: \_\_\_\_\_

Dates covered: \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

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												
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CM *																																																									
Intercourse																																																									
Cervical Mucus textures																																																									

\*CM = cervical mucus: P=period, D=dry, M=mucus, E=egg white

**Notes:** (List any changes to your routine)

## Charting Your Basal Body Temperature

Looking for a cheap, low-tech way to pinpoint your fertile time? Experts say the best way to detect **ovulation** is to combine a daily reading of your **basal body temperature** (your temperature when you first wake up in the morning) with monitoring the texture of your cervical mucus. Chart your cycle for a few months so you can recognize your pattern and have a better chance of predicting your most fertile days.

**How to do it:** Start keeping track of your temperature on the first day of your period using a basal body thermometer, which shows minute changes in your temperature. A digital thermometer can also work, although it's not as accurate. Take your basal body temperature, and plot it on the chart. Then go to the bathroom and check your **cervical mucus**. Using your fingers or toilet paper, note its consistency. You may also want to **monitor** its texture throughout the day each time you go to the bathroom. Most women will see a spike in their temperature, signaling that they've **ovulated**, and notice that their mucus looks and feels like raw egg white at around the same time. When the two coincide, it's baby-making time. Remember, every woman's cycle is different. Yours may not look like the **sample**, or even be the same every month. Good luck!

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# Sample basal body temperature / cervical mucus chart

