Center For Women's Health

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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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OPK																																													
Intercourse																																													
CM																																													

KEY
◉ Intercourse
X Menses

CM = Cervical mucus: P=period, D=dry, M=mucus, E=egg white
OPK = Ovulation Predictor Kit Results
C= Clomid

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

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