Basal Body Temperature Chart

Name:_____

Month:_____

Date																																							
99.2																																							
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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
Bleeding Spotting																																								
Cervical Mucus																																								
Breast changes																																								
Abdomen Pain																																								
Other S + S																																								