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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	46
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CM																																														
Intercourse																																														
Cervical Mucus Texture																																														

CM = cervical mucus; P = period; D = dry; M = mucus; E = Egg White

Notes: (List any changes to your routine)