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BASAL BODY TEMPERATURE AND CERVICAL MUCUS CHART

Name: Start Date: Finish Date:

	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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Men. Col.																																													
Men. Sym																																													
Period Pain																																													
CM Vis.																																													
CM Vol.																																													
Ovulation Test																																													
Intercourse																																													

KEY

Menstrual Volume S=Spotting L=Light M=Medium H=Heavy

Menstrual Colour: L=Light M=Medium D=Dark

Menstrual Symptoms: C=Clots BS=Breast Sensitivity I=Irritability P=Pain BP=Back Pain

Period Pain *Mild **Moderate ***Severe

CM Viscosity: W=Watery (Egg White) S=Sticky CR=Creamy

CM Vol: N=Nil S=Scant M=Mod C=Copious

Ovulation Test: -=Low 0=Medium +=high

Intercourse=I