

Basal Body Temperature and Cervical Fluid Chart - Celsius

www.iproven.com/bbt-chart



Date:	
Day:	
Time:	
Cycle phase	
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
37,1	
37,0	
36,9	
36,8	
36,7	
36,6	
36,5	
36,4	
36,3	
36,2	
36,1	
36,0	
35,9	
35,8	
35,7	
35,6	
35,5	
35,4	
35,3	
35,2	
35,1	
35,0	
Actual temp	
CF	
Fertile days	
Intercourse	
LH / HCG	
Notes	

Cervical fluid (CF) types: P=period D=dry S=sticky rice E=egg whites **Cycle phases:** M= menstruation, F=follicular phase, O=ovulation, L=luteal phase

