

Basal Body Temperature and Cervical Fluid Chart - Fahrenheit

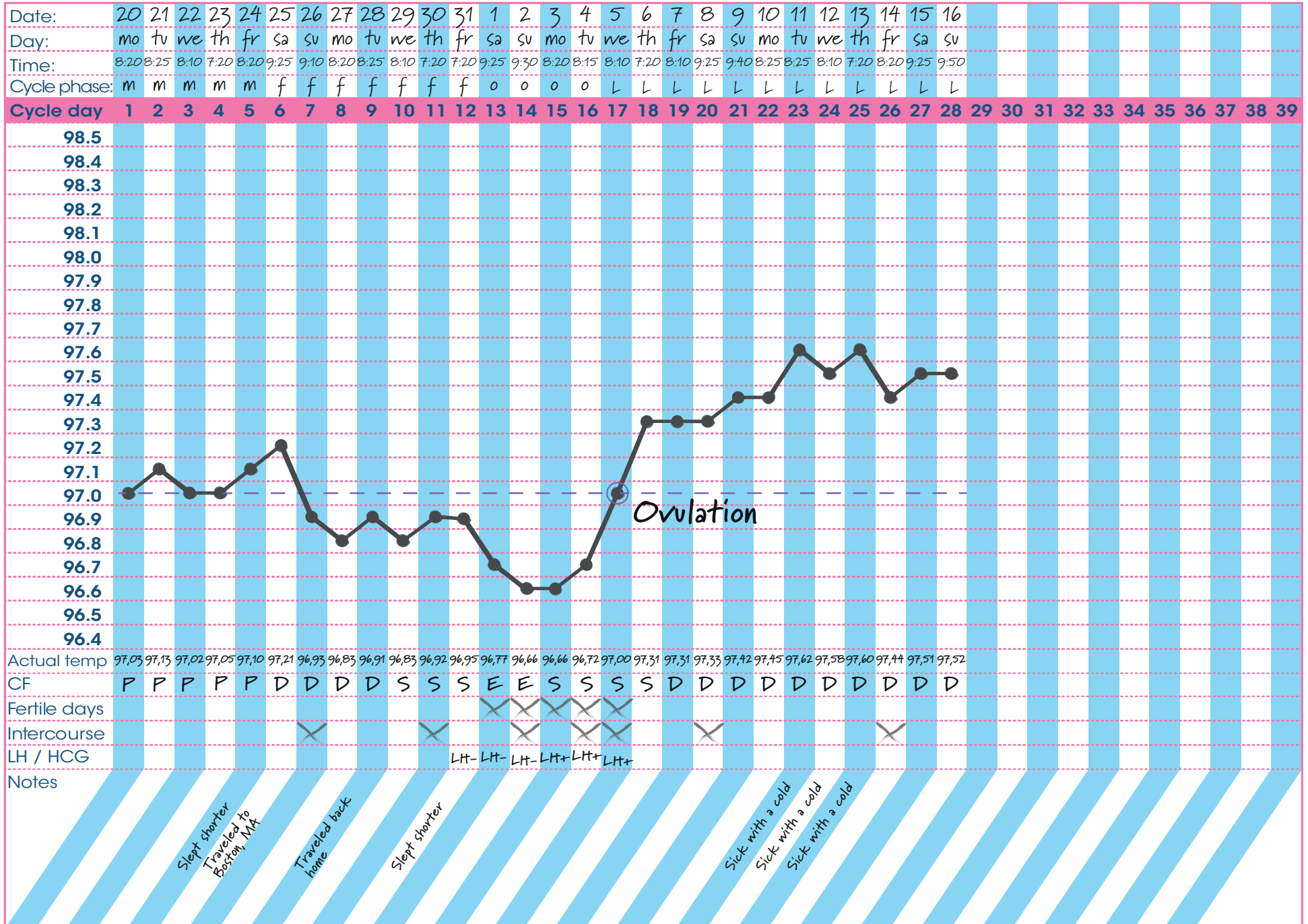
www.iproven.com/bbt-chart



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
98.5	
98.4	
98.3	
98.2	
98.1	
98.0	
97.9	
97.8	
97.7	
97.6	
97.5	
97.4	
97.3	
97.2	
97.1	
97.0	
96.9	
96.8	
96.7	
96.6	
96.5	
96.4	
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

Example Chart



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