



# Basal Body Temperature and Cervical Fluid Chart - Fahrenheit

Date:																																																	
Day:																																																	
Time:																																																	
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										
98.6																																																	
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

