



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																																							
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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