SingleMomsByChoice.org

Simplified BBT Chart

Month: (circle)	Jan			Feb			Mar			Apr			May			Jun			Jul			Aug			Sep			Oct			Nov			Dec										
Day:																																													
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	40	41	42	43	44	45

Basal Body Temperature (°F or °C)

0.9																																													
0.85																																													
0.8																																													
0.75																																													
0.7																																													
0.65																																													
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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	40	41	42	43	44	45
Positive OPK:																																													
Cervical Mucus:																																													

Cervical Mucus Guide:
S - Sticky/clumpy
C - Creamy/thick
E - Eggwhite & stretchy (ideal for ovulation)

*if your cycle exceeds 35 days, please be sure to consult your doctor

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Detailed BBT Chart

Month: (circle)	Jan			Feb			Mar			Apr			May			Jun			Jul			Aug			Sep			Oct			Nov			Dec											
Day:																																													
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	40	41	42	43	44	45

Basal Body Temperature (°F or °C)

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0.67																																													
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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	40	41	42	43	44	45
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Cervical Mucus Guide:
S - Sticky/clumpy
C - Creamy/thick
E - Eggwhite & stretchy (ideal for ovulation)

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Symptom Tracking

Month: (circle)	Jan			Feb			Mar			Apr			May			Jun			Jul			Aug			Sep			Oct			Nov			Dec											
Day:																																													
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	40	41	42	43	44	45
Physical Symptoms:																																													
Acne																																													
Back Pain																																													
Bloating																																													
Breast Tenderness																																													
Constipation																																													
Cramping																																													
Diarrhea																																													
Fatigue																																													
Headache (mild)																																													
Increased Appetite																																													
Increased Libido																																													
Insomnia																																													
Migraine																																													
Mood Swings																																													
Nausea																																													
Sick																																													
Stomach Ache																																													
Vaginal Pain																																													
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	40	41	42	43	44	45
Moods																																													
Happy																																													
Energetiic																																													
Focused																																													
Calm																																													
Sensitive																																													
Sad																																													
Anxious																																													
Aggitated/Irritable																																													
Angry																																													