# of Days in Luteal phase ___ # Days this cycle length ____

Oriental Health Source, Inc.
My Body Basal Temperature Chart

Month																																										
Day																																										
Sexual Intercourse																																										
Menses																																										
Day Of Cycle	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

Temperature

99.0
98.9
98.8
98.7
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
96.3
96.2
96.1
96.0

Day Of Cycle	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
Cervical Fluid Description																																										
Pain																																										
Bleeding/ Spotting																																										
Emotional/PMT																																										
Breast Distention/Pain																																										
Energy level																																										
Other symptoms																																										
Day Of Cycle	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

CF: W = wet, S = sticky, T = tacky, E = Eggwhite/Peak Day