

Basal Body Temperature Chart (Fahrenheit)

Name: _____ Date From: ___/___/___ Date To: ___/___/___

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		
Day of Week																																						
Date																																						
Time																																						
Intercourse																																						
Headache																																						
Tender Breasts																																						
Cramps																																						
Mood																																						
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