Justmommies Basal Body Temperature Chart

	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
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																																								

CM																																								
CP																																								
OPK																																								
BD																																								

CM - Cervical Mucus
- D: Dry
- S: Sticky
- C: Creamy
- E: Eggwhite consistency
- W: Watery
- M: menstruation

CP - Cervical Position
- H: High
- M: Medium
- L: Low
- S: Soft
- F: Firm

OPK - Ovulation Prediction Kit
- P: Positive
- N: Negative

BD - Baby Dance (intercourse)
- BD: Baby Dance

Questions for Doctor

Comments & Observations