A Acupuncture and Chinese Herbal Medicine Clinics

Basal Body Temperature and Cervical Mucus Chart

Name: **Dates covered: ___/ ___/ _2007 to ___/ ___/ 2007**

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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35.4																																													
35.3																																													
Menstruation																																													
Intercourse																																													
Cervical Mucus																																													
Spotting																																													
Sensitive Breasts																																													
Abdominal Pain																																													
Mood																																													
Others																																													

Suggested Symbols: *Cervical Mucus: TR-transparent (egg-white), C-cloudy, TH-thready, WH-white, Y-yellow. **Mood: G-good, B-bad. ***Menstruation: H-heavy, M-medium, L-light.