Basal Body Temperature Tracker

Name: _____ **Date Started**: _____/ _____/ _____ **till** _____/ _____/ _____

Cycle Days	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
Date of the month																																										
Intercourse																																										
Menses																																										
CM Type																																										
99.1																																										
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Notes & Comments:

CM Types: P=Period, D=Dry, S=Sticky Rice, E=Egg Whites

Yael AcuWellness
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