BBT Ovulation Chart

PATIENT DETAILS

Name: _____

Date of first day of menstruation (Day 1): dd / mm / yyyy _____

Unit: ☐ °F ☐ °C Method: ☐ Oral ☐ Vaginal ☐ Rectal

DAILY READINGS: DAYS 1–20

Cycle day	Date	Temperature (°F/°C)	Cervical mucus	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Cervical mucus key: D = dry · S = sticky · C = creamy · W = watery · E = egg white (stretchy, clear)

BBT Ovulation Chart (continued)

DAILY READINGS: DAYS 21–40

Cycle day	Date	Temperature (°F/°C)	Cervical mucus	Notes
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				

ADDITIONAL NOTES