Basal Body Temperature Chart

Month eg Oct-Nov

Day of cycle		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
Temperature	37.15																																							
on waking	37.10																																							
°C	37.05																																							
	37.00																																							
	36.95																																							
	36.90																																							
	36.85																																							
	36.80																																							
	36.75																																							
	36.70																																							
	36.65																																							
	36.60																																							
	36.55																																							
	36.50																																							
	36.45																																							
	36.40																																							
	36.35																																							
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	36.00																																							
	35.95																																							
	35.90																																							
	35.85																																							
	35.80																																							
Mucus																																								
PMS																																								
Intercourse																																								
Other S&S																																								

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