

### Charting the menstrual cycle: Basal Body Temperature (BBT)

MONTH:

[illegible]

For Bleeding/ Spotting/Pain : X=Light, XX=Heavy, XXX=Very heavy.

CM (Cervical Mucus) : (D) for dry day, (P) for pasty, (EW) for Egg White, (W) for Wet, (S) for slippery. \*\*\*\*\* Also mark X=Light, XX=Heavy, XXX=Very heavy.

SIC= Sexual intercourse ♥.

Sleep – mark if poor or if you had a sleep in before taking your temp.

The final box also note if any alcohol was consumed, if you felt particularly stressed or emotional or any other symptoms such as PMS, Headache, tender breasts ect.