- Please use black pen
- Mark your temperature as a dot in the middle of each square

BBT Chart

MONTH

Date																																								
37.4°C																																								
37.3																																								
37.2																																								
37.1																																								
37.0																																								
36.9																																								
36.8																																								
36.7																																								
36.6																																								
36.5																																								
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36.3																																								
36.2																																								
36.1																																								
36.0																																								
35.9																																								
35.8																																								
SIC																																								

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
Bleeding or Spotting																																								
Cervical Mucous																																								
Breast Changes																																								
Abdomen Pain																																								
Other S&S																																								

Bleeding & Abdomen pain mark quantitavely (+++ = Heavy or Painful, + = Light or Slightly painful)

Cervical mucous – **w** = wet, **s** = slippery (like raw egg white), **c** = crumbly, **g** = glue like (like clag glue)   *Also note any colour changes i.e yellow

Breast changes - **sw** = swelling, **sr** = soreness, **n** = nipple sensitivity   **Other S&S** – **h** = headache, **i** = irritability, **lbp** = lower back pain, **sd** = sleep disturbed, **f** = fever

SIC stands for Sexual Intercourse - mark these days with an "X"