

**BASAL BODY TEMPERATURE AND CERVICAL MUCUS CHART**

**FERTILITY & IVF ACUPUNCTURE CLINIC**

Ph: 02 9231 3377

Name:

Start Date:

Finish Date:

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	41	42	43	44	45																		
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Men. Vol.																																																															
Men. Col.																																																															
Men. Sym																																																															
CM Vis.																																																															
CM Vol.																																																															

**KEY**

M/CM Volume	L= Light	Menstrual Colour:	L = Light	Menstrual Symptoms:	C = Clotts	* Mild	CM Viscosity	W = Watery
	M = Medium		M =Medium		BS = Breast Sensitivity	** Moderate		S = Sticky
	H = Heavy		D = Dark		I = Irritability	*** Severe		L = Lubricating
					P = Pain			
					BP = Back Pain			