

Basal Body Temperature Tracker

Name: _____

Date Started: ____/____/____ till ____/____/____

Cycle Days	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																					
Time of Day																																																															
Date of the month																																																															
Intercourse																																																															
Menses																																																															
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Notes & Comments :