

## Ovulation Cycle Chart

Date	Month																																							
	Day (mth)																																							
Day (week)	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
Day (cycle)																																								
Temperature																																								
<sup>o</sup> Fahren'ht	<sup>o</sup> Celsius																																							
99.1	37.3																																							
98.9	37.2																																							
98.7	37.1																																							
98.6	37.0																																							
98.4	36.9																																							
98.2	36.8																																							
98.0	36.7																																							
97.8	36.6																																							
97.7	36.5																																							
97.5	36.4																																							
97.3	36.3																																							
97.1	36.2																																							
97.0	36.1																																							
96.8	36.0																																							
Conditions Affecting Temperature																																								
Mucus Types	Quantity																																							
	Texture																																							
Pain (period or mid-cycle)																																								
Intercourse																																								
Bleeding																																								