Cycle Dates 1/4/24 - 2/5/24 Chart # 1 Peak Day 26 Temp time _____ Luteal phase _____ Cycle length 36

Basal Body Temperature (BBT)

Day of Cycle	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
Weekday / Date	TH 4/24	FR 5/24	SA 6/24	SU 7/24	MO 8/24	TU 9/24	WE 10/24	TH 11/24	FR 12/24	SA 13/24	SU 14/24	MO 15/24	TU 16/24	WE 17/24	TH 18/24	FR 19/24	SA 20/24	SU 21/24	MO 22/24	TU 23/24	WE 24/24	TH 25/24	FR 26/24	SA 27/24	SU 28/24	MO 29/24	TU 30/24	WE 31/24	TH 1/25	FR 2/25	SA 3/25	SU 4/25	MO 5/25	TU 6/25	WE 7/25	TH 8/25
Colours	M	M	M	M	L	VL	VL																												
Sensation						S	D	L	S	L	L	D	D																						
Description	M	M	M	M	L	VL	VL	O	O	D	W	D	K			D	D	D	D	S	L	S	D	D	S	S	S	D	D	D	D	P	P	P
Sexual Activity																O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O	O
Miscellaneous																																			

Day of Cycle	Notes
1	Early period. 22 day cycle before. Light cramping day before
2	started D. brown mucus fed by middy Fed Obome clots 8:30AM 97.86
3	8:30AM 97.87
4	bad sleep 6:30 97.46
5	6:30 96.99
6	8:00AM 97.61 bowel
7	high estrogen 8AM 97.54
8	Night sweats. 8AM 97.47
9	Dry shiny stretchy cervix. Night sweats 8AM 97.26
10	Full Moon. 7:30 AM 97.17
11	Changed to glass. Underarm deodorant worn
12	Put finger between smooth lubricative
13	Sticky on tissue 96.97 vaginal pain. Cervix very high but couldn't reach but stretchy
14	6:30AM.
15	6:30AM.
16	No temp. Not home
17	No temp. Not home
18	8:30AM
19	97.07 8:01AM
20	97.60 8:30AM
21	Low Prog 36.5 8:00AM
22	Low Prog. 36.6 8:00AM.
23	36.4 7:40 AM.
24	Cramps 2hrs. 7:40AM
25	Mucus plug. ?? Mucus not sure what?
26	V. light pink tissue 1x 0
27	8:30AM
28	Light brown discharge when wiping
29	8:20AM
30	No blood/Cramping today
31	7:20AM
32	Rest than 2hrs of sleep 4:30 6:45AM
33	1x light Cramp. 6:20AM
34	Acupuncture. 7:10AM
35	light brown spotting 7:30AM
36	6:30AM