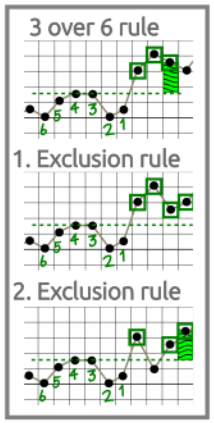
Cycle no. .....

Measurement location:
- ○ oral
- ○ vaginal
- ○ rectal

Thermometer:
- ○ analogous
- ○ digital
- ○ .....

First higher measurement (1st hM) in this cycle was on cycle day: .....

Temperature evaluation



Calculated date of birth

Date of 1st hM: ....
- 7 days ....
- 3 months ....
+ 1 year ....

Ovulation dream

Events and possible influences on body temperature

Time of measurement

Midcycle pain

Breast signs

LH-tests (+|-)

Cervical mucus symbols [t | ø | f | S | Ŝ]

°F	°C
99.6	37,4
99.4	37,3
99.2	37,2
99.0	37,1
98.8	**37,0**
98.6	36,9
98.4	36,8
98.2	36,7
98.0	36,6
97.8	**36,5**
97.6	36,4
97.4	36,3
97.2	36,2
97.0	36,1
96.8	36,0

Basal body temperature [°F]/[°C]

Cycle 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

Date: year / month day

Bleeding

Sex X/(X)

Fertility

Cervical mucus: sensation

Cervical mucus: appearance

Cervix: position & opening

Cervix: soft | hard

35,98 35,99 **36,00** 36,01 36,02 36,03 36,04 **36,05** 36,06 36,07 36,08 36,09 **36,10** 36,11 36,12 36,13 36,14 **36,15** 36,16 36,17 36,18 36,19 **36,20** 36,21 36,22 36,23 36,24 **36,25** 36,26 36,27 36,28 36,29 **36,30** 36,31 36,32 36,33 36,34 **36,35** 36,36 36,37 36,38 36,39 **36,40** 36,41 36,42 36,43 36,44 **36,45** 36,46 36,47 36,48 36,49 **36,50** 36,51 36,52 36,53 36,54 **36,55** 36,56 36,57 36,58 36,59 **36,60** 36,61 36,62 36,63 36,64 **36,65** 36,66 36,67 36,68 36,69 **36,70** 36,71 36,72 36,73 36,74 **36,75** 36,76 36,77 36,78 36,79 **36,80** 36,81 36,82 36,83 36,84 **36,85** 36,86 36,87 36,88 36,89 **36,90** 36,91 36,92 36,93 36,94 **36,95** 36,96 36,97 36,98 36,99 **37,00** 37,01 37,02

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