Basal Body Temperature Menstrual Cycle Chart

Disturbances
Cyclical symptoms

Time	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
37.4																																									
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	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																																								
	Menstruation																																								
Mucus	Wet, slippery, transparent, stretchy																																								
	Moist, white, cloudy, sticky																																								
	Dry, No secretions seen or felt																																								
Cervix	Position and opening																																								
	Firmness																																								
	Sexual Intercourse																																								
	Fertile days																																								

The Women's Natural Health Practice

Name _____

Month & Year | | |

Cycle No. | | | |

Temp taken | O | | V | | R | |

Earliest 1st higher temp in previous cycles | | |

Minus 8 (last safe day for contraception) | | |

Earliest first higher temp in this cycle | | |

Do you intent to become pregnant in ths next cycle?

Yes ☐

No ☐

Undecided ☐

Malteser ...weil Nähe zählt.

nfp Natürliche Familienplanung

Conforms to the Malteser NFP BBT charting system (Germany)

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