

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																																								
Day of week																																								
Time																																								
37.22C 99.0 F																																								
37.16C 98.9 F																																								
37.11C 98.8 F																																								
37.05C 98.7 F																																								
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36.11C 97.0 F																																								
CM type																																								
Ovulation test																																								
Sex																																								

CM types: P= period; D= dry; S= Sticky/cakey; E= egg white elastic

Ovulation stick test: Y= positive Line N= Negative test