

# Seattle Fertility Acupuncture

# Basal Body Temperature and Cycle Chart

Cycle Day																			
Date																			
Time																			
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98.9																			
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96.5																			
Sex																			
CM																			
PMS/Period																			

**Cervical Mucus(CM):** E= Egg white, S=Sticky, D=Dry **PMS:** B=bloating, T=breast tenderness, C=Constipation, L=Loose stools, E=Emotional. **Period:** P=Pain CL=Clots