Fertility Activation Method™

Basal Body Temperature Chart

Cycle Number:

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
Date																																			
Day of Week																																			
Time																																			
37.22																																			
37.17																																			
37.11																																			
37.06																																			
37.00																																			
36.94																																			
36.89																																			
36.83																																			
36.78																																			
36.72																																			
36.67																																			
36.61																																			
36.56																																			
36.50																																			
36.44																																			
36.39																																			
36.33																																			
36.28																																			
36.22																																			
36.17																																			
36.11																																			

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Intercourse																																			
Pain																																			
Appetite																																			
Cervical Mucus																																			
Ovulation Reading																																			
Energy																																			
Period																																			
Clots																																			
Spotting																																			
Breast Tenderness																																			
Moodiness																																			
Bloating																																			
Emotions																																			
Headaches																																			
Low Back Pain																																			

Night Sweats																																					
Sleep																																					
Digestive Issues																																					
Sickness																																					
Pregnancy Test																																					
Other																																					
Notes																																					