

Date	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
CYCLE DAY																																								
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Cervical mucus																																								
Cervix Position																																								
Intercourse																																								
Other																																								
Plot your BBT as a dot on the graph for each day in your menstrual cycle. Connect the dots with a line from day to day so you can see a pattern.																																								
The pattern may vary from cycle to cycle, but over time you will begin to see when you tend to ovulate. After ovulation, you'll see a spike in your temperature range																																								
Once you have 3 temperatures over the previous 6 you can assume that you have ovulated.																																								
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