HEALTHY LIVING™

Healthy Living® Basal Temperature Chart

CYCLE DAY

TEMPERATURE (°F)

99.0 98.9 98.8 98.7 98.6 98.5 98.4 98.3 98.2 98.1 98.0 97.9 97.8 97.7 97.6 97.5 97.4 97.3 97.2 97.1 97.0 96.9 96.8 96.7

OBSERVATIONS

CF
SI
OS

MONTH & DATE:

TEMPERATURE Taken Regularly at: AM PM

CF - Cervical Fluid
D: Dry; S: Sticky
E: Eggwhite consistency
W: Wet
M: Menstrual period

SI - Sexual Intercourse

OS - Other Symptoms
P: Pain
B: Breast distention
S: Spotting/Bleeding
E: Emotional

** Please feel free to make copies of this chart, or download from www.SAMSUNGHealthyLiving.com/pdf/chart.pdf.*

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