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BBT Time																																																												
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	41	42	43	44	45															
Basal Body Temperature (°F)	99.0																																																											
	98.9																																																											
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Period / Spot																																																												
Cerv Fluid																																																												
Cerv Pos																																																												
Cerv Op																																																												
Cerv Firm																																																												
Intercourse																																																												
OPK																																																												
Fertility Mon																																																												
PG Test																																																												

About Your Cycles	
Longest Cycle Length:	days
Shortest Cycle Length:	days
This Cycle's Length:	days

Notes:

Appointments	
Date:	With: