



Naturopathic Foundations

Basal Body Temperature and Menstrual Tracking

Name: _____

Month / Year: _____

	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				
menstruation																																					
mucous																																					
sensation																																					
appearance																																					
abdominal pain																																					
spotting																																					
sensitive breasts																																					
night sweats																																					
misc symptoms																																					
intercourse																																					
disturbance																																					
day of cycle																																					
day of month																																					
degrees celsius																																					
38																																					
37.8																																					
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Sensation
D: dry
M: moist
W: wet
L: lubrication
S: sticky

Appearance
O: opaque
TR: transparent
C: cloudy
TH: thready
LQ: liquid
WH: white
Y: yellow