

Cycle Tracking Template

Track BBT, cervical mucus, LH, and timing across your cycle

Track daily for 2–3 cycles minimum to identify your personal patterns. BBT should be taken at the same time each morning before getting up.

Cycle: ___ | Start Date: _____ | Cycle Length: ___

DAY	DATE	BBT (°F)	CERVICAL MUCUS	LH STRIP	INTERCOURSE	NOTES
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						

DAY	DATE	BBT (°F)	CERVICAL MUCUS	LH STRIP	INTERCOURSE	NOTES
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						
32						
33						
34						
35						

Cervical Mucus Key

D = DRY
Not fertile

S = STICKY
Low fertility

C = CREAMY
Medium fertility

E = EGG WHITE
Peak fertility

LH Strip Key

(-)
Negative

(~)
Near positive

(+)
Positive surge

Ovulation typically occurs 12–36 hours after LH surge. BBT rises 0.4–0.8°F after ovulation (confirms it happened). Egg-white cervical mucus peaks 1–2 days before ovulation. The best timing is the 2–3 days before and day of ovulation.