



Ovulation Predictor Chart

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		
Day																																						
Menses																																						
Temperature																																						
99.0																																						
98.8																																						
98.6																																						
98.4																																						
98.2																																						
98.0																																						
97.8																																						
97.6																																						
97.4																																						
97.2																																						
97.0																																						
Mucus																																						
Cervical position																																						
Symptoms																																						
Changes in daily routine																																						