Women's Cervical Mucus & Cycle Tracker

one month, starting on day 1 of your period

Name: _____ Month / year: _____ Day 1 date: _____

Cycle length: _____ LH+ on day: _____ Temp rise on day: _____

Cervical mucus

After your period, mucus often moves from dry or sticky, to creamy, to watery, to **clear, slippery, and stretchy like raw egg white** in the days just before ovulation. That egg-white kind is your most fertile sign. Check at the same time each day. (ACOG / Cleveland Clinic)

Basal temperature

Take your temperature by mouth **every morning before getting out of bed**, with a basal thermometer that reads to tenths of a degree. It usually rises **about 0.5 to 1 °F after ovulation**. BBT **confirms ovulation after it happens; it cannot predict it**. Illness, alcohol, poor sleep, and travel can throw a reading off. (ACOG / Cleveland Clinic)

LH ovulation tests

These home urine tests look for the surge of luteinizing hormone that triggers ovulation. A positive result suggests ovulation will likely happen in about the **next 24 to 48 hours**. Test at about the same time each day, and start a few days before you expect to ovulate. (NIH MedlinePlus)

Key. Period: H = heavy, M = medium, L = light, S = spotting. Mucus: **D** = dry, **St** = sticky, **C** = creamy, **W** = watery, **E** = egg-white (most fertile). LH: – = negative, + = positive (the surge). Place a dot on the temperature grid each morning and join the dots. Draw a line after three higher readings in a row.

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
Date																																			
Period (H M L S)																																			
Waking temp (°F) 98.8°																																			
98.6°																																			
98.4°																																			
98.2°																																			
98.0°																																			
97.8°																																			
97.6°																																			
97.4°																																			
97.2°																																			
97.0°																																			
96.8°																																			
Mucus (D St C W E)																																			
LH test (– / +)																																			
Notes																																			

Reading the chart. Most women see lower temperatures before ovulation and a higher plateau after. The rise usually comes a day or so after a positive LH test and the last egg-white day. After two or three cycles you may begin to see your own pattern. Bring your charts to any doctor visit. **Call your doctor** for very painful periods, bleeding between periods, or cycles shorter than 21 or longer than 35 days. A saliva "fern" microscope is only an optional extra; evidence is mixed, so do not let it replace mucus, BBT, or an LH test.

Sources

General information; cycles differ. These pages do not diagnose or treat. Talk with your own doctor or midwife.

1. Fertility Awareness-Based Methods of Family Planning (FAQ). ACOG.
2. Cervical Mucus: Chart, Stages, Tracking & Fertility. Cleveland Clinic.
3. Ovulation: Calculating, Process, Pain & Other Symptoms. Cleveland Clinic.
4. Ovulation Home Test. MedlinePlus, National Library of Medicine (NIH).
5. Your Menstrual Cycle. Office on Women's Health, HHS.

VISIT

www.reginamarcella.com

Regina Marcella Adams 2026

© Copyright 2026 Regina Marcella Adams. It cannot be resold and may not be used for other commercial purposes.
It is only for personal use. Not to be used without crediting the appropriate author, Regina Marcella Adams.