PUT A CUP IN IT

TEMP TRACKER

This document contains Basal Body Temp tracking pages — one for up to 40 days and one for up to 54 days for those with longer cycles.

Tracking your basal body temperature (your temp when fully at rest) can help you have a more accurate understanding of when you have ovulated (the time around which you can become pregnant) and what your cycle typically looks like.

Please note that this is one of several tools you can use but should not be used as your only method of protection if you are hoping to avoid pregnancy.

- To use Temp Tracker included you'll need a Basal Body Thermometer, which is specifically designed to check your basal body temperature. They can be purchased online, at most pharmacies, or even Target for around $10.
- For the best accuracy you want to try to take your temp at the same time each day, immediately upon waking (before getting up), and after at least three hours of uninterrupted sleep.

  Keep the tracker by your bed and check off the temp.

  If you had particularly bad night of sleep, consumed alcohol, or have been ill be sure to note it by checking off "no temp"
- You should begin to notice a trend in your temperatures, and once you've ovulated the temp may increase approx 1/2 a degree and will be noticeable when that temp remains higher and stead for three days or more.
- If you're wanting to avoid pregnancy, this is the time to be exceedingly cautious. If you're trying to get pregnant, well then, have at it.
- *There are additional spaces to monitor spotting, the position of your cervix, and if you've gotten a positive OPK. OPK is short for ovulation prediction kit (or ovulation test strip). These are used just like a pregnancy test, except they test for ovulation. They can be purchased in bulk from places like Amazon.*

Unrelated to period tracking, I would greatly appreciate your support by following me on **Instagram** & **TikTok**

@PUTACUPINIT

TEMP TRACKER

MONTH _____

YEAR _____

CYCLE DAY

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NOTES

PUT A CUP IN IT

TEMP TRACKER

MONTH _____

YEAR _____

NOTES

PUT A CUP IN IT

CYCLE DAY

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TEMP TRACKER

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YEAR _____

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NOTES

PUT A CUP IN IT

TEMP TRACKER

MONTH _____

YEAR _____

NOTES

PUT A CUP IN IT

CYCLE DAY

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PERIOD

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NO TEMP

SPOTTING

CERVIX HIGH

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CERVIX LOW

+OPK

TEMP TRACKER

MONTH _____

YEAR _____

CYCLE DAY

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NO TEMP

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PUT A CUP IN IT

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PUT A CUP IN IT

CYCLE DAY

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TEMP TRACKER

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YEAR _____

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PUT A CUP IN IT

TEMP TRACKER

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CYCLE DAY

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TEMP TRACKER

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CYCLE DAY

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TEMP TRACKER

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CYCLE DAY

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PUT A CUP IN IT

TEMP TRACKER

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NOTES

PUT A CUP IN IT

CYCLE DAY

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TEMP TRACKER

MONTH _____

YEAR _____

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