



### Phase Insights

Note the phase of your cycle each day based on BBT readings and other signs (e.g., cervical mucus).

#### 1. Follicular Phase (Pre-Ovulation)

#### 2. Luteal Phase (Post-Ovulation)

#### 3. Triphasic Pattern (If observed)

### Interpretation

Monitor these phases to understand your cycle better, identify ovulation, and detect early signs of pregnancy.

1. Triphasic Pattern Observed

Yes  No

2. Potential Pregnancy Indicator

Yes  No

3. Consult Healthcare Provider

Yes  No

**Additional Comments**

1. User Observations

2. Symptoms of Note

3. Additional Factors