

Temperature and Mucus Changes During the Menstrual Cycle

Body temperature can be seen at the top of the chart, rising sharply right after ovulation. The bottom section shows cervical secretions. These begin in the days leading up to ovulation, starting off moist and sticky, then becoming wetter and stretchy at your most fertile time.

If you feel some of the cervical mucus with your fingers, you will find you can stretch it out. This is a sign that you are about to ovulate.

