



Free Ovulation Tracker for PCOS

60-Day Template for Irregular Cycles | Designed for 50-60 Day Cycles Common in PCOS
BBT • Cervical Mucus • LH Strip • Sleep Quality • Stress • Tampa Bay Heat Notes

TAMPA BAY EDITION • Medically Reviewed by Dr. Mehwish Saif • St. Petersburg, FL

Cycle Start Date: _____ Cycle #: _____ Target: 50-60 days
How to Fill: BBT same time daily | Mucus: D=Dry S=Sticky C=Creamy EW=Egg-White stretchy | LH: N=Neg F=Faint P=Pos PK=Peak | Sleep: G/F/P | Stress notes help explain readings

Day	Date	BBT °F	Mucus D/S/C/EW	LH Strip N/F/P/PK	Sleep Hrs+Quality	Stress / Notes / Tampa Heat Intercourse, symptoms, AC temp, hydration
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HavenHer.org | Women's Wellness - Tampa Bay

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Bottom Line: BBT confirms. LH predicts. Mucus is free real-time biology. Together = complete picture for irregular cycles.