Basal Body Temperature (BBT) Chart

Month .....

Temperature

Date																															
37.5 C																															
37.4																															
37.3																															
37.2																															
37.1																															
37.0																															
36.9																															
36.8																															
36.7																															
36.6																															
36.5																															
36.4																															
36.3																															
36.2																															
36.1																															
36.0																															
35.9																															
35.8																															
35.7																															
35.6																															
35.5 C																															
Days of Cycle	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

Fertility Awareness

Mucus (See Key)																															
Cervix high, soft																															
Breast fullness							/																								
Ovulation Pain																															
Disturbances																															
Intercourse ●																															

Red	Menstruation bleeding (B)
Green	Dry-day; no mucus (D)
Yellow	Mucus (M)
F	Fertile Mucus (F)
X	Peak Day (last wet day)
123	Days after Peak Day

Plot your BBT as a dot in the centre of the square, and then join the dots with a continuous line. If your temperature is not taken on any day, leave the square blank. Record any reasons for temperature disturbance such as sickness, waking late, alcohol etc. After ovulation you will see a spike in your temperature. Use the three over six rule - as soon as you have recorded 3 consecutive temperatures all of them above the level of the previous 6 you are in an infertile phase. You are most fertile 2 to 3 days before you ovulate and for about 12 to 24 hours after ovulation.

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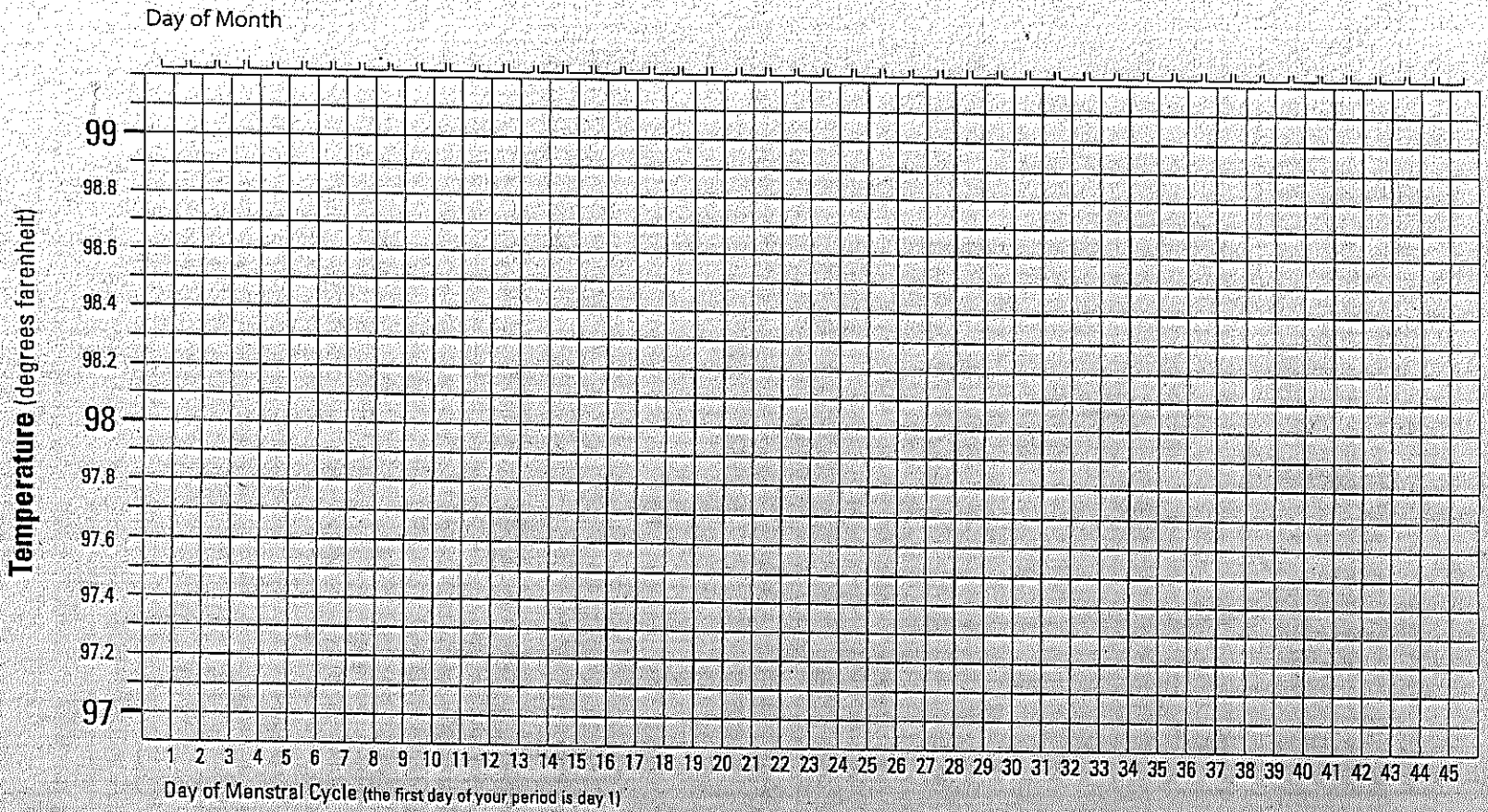
Basal Body Temperature Chart

OVULINDER OR BASAL Body Thermometh

Use a basal body thermometer (available at most pharmacies) to take your basal body temperature (BBT) as soon as you awake in the morning. Plot your BBT as a dot on the graph for each day in your menstrual cycle. Connect the dots with a line from day to day so you can see a pattern. The pattern may vary from cycle to cycle, but over time you will begin to see when you tend to ovulate.

After ovulation, you'll see a spike in your temperature ranging between 0.5 and 1.6 degrees. You are most fertile two to three days before you ovulate and for about 12 to 24 hours after ovulation.

Month: _____



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