

Basal Body Temperature Chart Instructions

Tips:

- Maintain one chart for each cycle.
- Day one is the first day of your cycle.
- Use a basal thermometer and keep the thermometer next to your bed.
- Shake down the thermometer before bed nightly if it is glass.
- Take your temperature orally first thing every morning before you eat, drink, smoke, or get out of bed.
- If the thermometer is glass, leave it in your mouth for a full five minutes.
- If the thermometer is digital, leave it in your mouth for a full three minutes.

To use the chart:

1. Record the day, date, and time you took your temperature in the area provided.
2. Record your temperature on the chart by placing a dot in the center of the square that connects the day and body temperature.
3. Circle the dot on the days you have intercourse.
4. If your temperature is elevated for any reason (such as illness), change the dot to a star.
5. Mark the days of your period with an X.
6. Connect the dots with a line from day to day to graph changes in temperature.

Reading the chart:

- Ovulation likely occurs mid-cycle. You will notice a sustained temperature rise of about .5 degrees 24 to 48 hours after ovulation.
- You are most fertile starting about three to five days before ovulation, as well as for a few days after.