

BASAL BODY TEMPERATURE CHART INSTRUCTIONS

Starting with the day you get your period, fill in the dates and days of the week that correspond to your menstrual cycle. (The day you get your period is cycle day 1.)

Each day, before you get out of bed, remember to take your temperature with a basal thermometer. Put a dot on the chart next to the temperature that matches what you read on your thermometer. You can connect the dots to see how your basal temperature changes from day to day.

When a woman ovulates, she will see that her temperature will be low at the beginning of her cycle and then increase and stay higher in the second half of her cycle, which indicates ovulation. Ovulation typically occurs when the temperature goes from low to high.

Many women also find it helpful to check their cervical mucus — the residue they might see when they wipe after going to the bathroom, or what might be on their underwear. Some women check this mucus by inserting a finger into their vagina.

Before ovulation, the cervical mucus may appear white and sticky. After ovulation, the mucus is more yellow and pasty.

The mucus that occurs a few days prior to and during ovulation is clear and can stretch between your fingers. It resembles un-cooked egg white.

You can also record what your cervical mucus looks like to provide even more information about when you ovulate. Toward the end of your cycle, go back and look at your temperature pattern. By charting your temperature every day, you can get a better idea of when you are more likely to ovulate and when to have sex in the coming months.

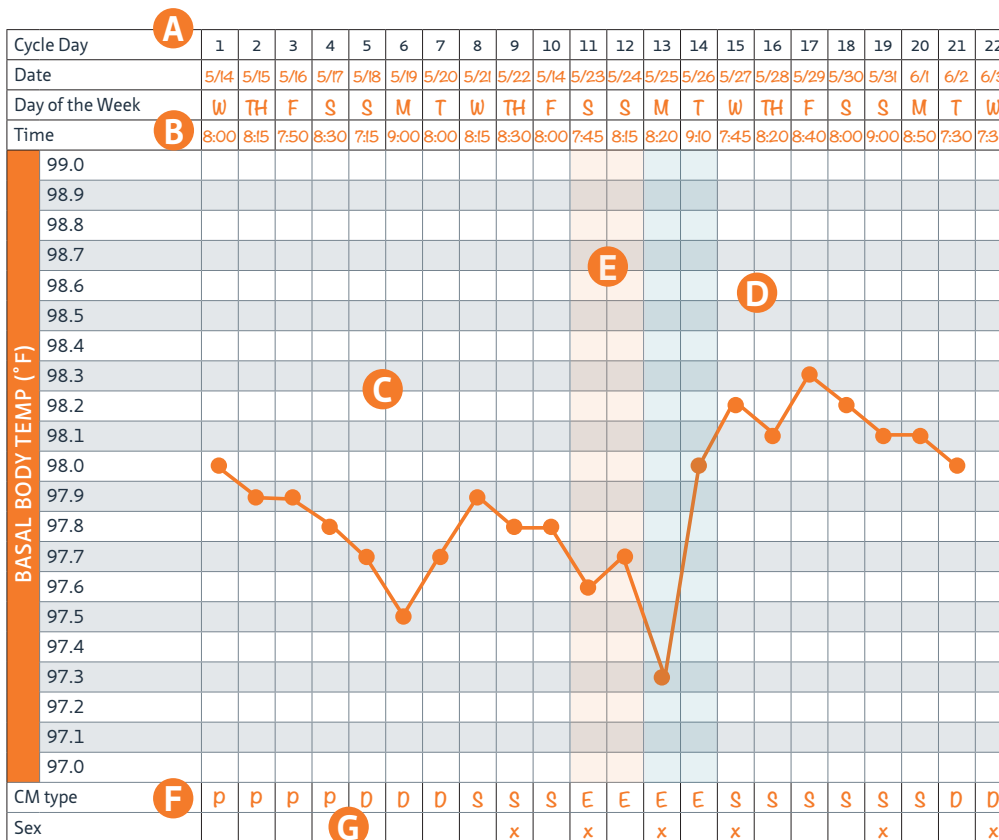
If you are using an ovulation predictor kit that checks your urine for a rise in Luteinizing Hormone (LH), you can also note this on the chart. These kits will show a positive result 24–36 hours prior to ovulation. All of this information can help you time intercourse on the days you are most fertile.

Have sex at least every other day during your most fertile period for the best chance of conceiving. Your most fertile period is about five days long: from three days before ovulation until one day after. You can start a little earlier if you want — some women have gotten pregnant from sex that happened six days before they ovulated.



BASAL BODY TEMPERATURE CHART

Dates 5/14–6/11 Cycle Number 3



A Cycle day 1 is the day you get your period.

B The time you took your temperature. (Remember to do it before you get out of bed.)

C Each dot shows your temperature measurement that day. Connecting the dots helps you see how your temperature rises and falls through your cycle.

D A lasting surge in temperature shows that you ovulated two or three days earlier. (Here, ovulation was on cycle day 14.)

E Orange highlighting: the two days when you had the greatest chance of conceiving (the day of ovulation and the day before). Blue highlighting: other fertile days. These four days are the best ones to have sex.

F What your cervical mucus was like each day (see key in lower left). You can also describe it in other ways that are useful to you, like TH for thick, WH for white, or SL for slippery.

G The days that you had sex.

BASAL BODY TEMPERATURE CHART

Dates _____ Cycle Number _____

| Cycle Day | 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 |
|---------------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Date | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Day of the Week | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Time | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BASAL BODY TEMP (°F) 99.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 98.8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98.7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98.6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98.5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98.4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 98.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 97.3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 97.2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 97.1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 97.0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| CM type | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sex | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |