womens health UK

Basal Body Temperature Chart

Month

Centigrade or Fahrenheit

Mercury or Digital

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	31	32	33	34	35	36	37	38	39	40
Day of Week																																									
Time																																								
37°C																																								
36.9																																								
36.8																																								
36.7																																								
36.6																																								
36.5																																								
36.4																																								
36.3																																								
36.2																																								
36.1																																								
36°C																																								
35.9																																								
35.8																																								
35.7																																								
35.6																																								
35.5																																								
35.4																																								
35.3																																								
35.2																																								
35.1																																								
35°C																																								
34.9																																								
34.8																																								
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	31	32	33	34	35	36	37	38	39	40
Circle Day of Intercourse																																								
Describe Cervical Fluid																																								
Cervix Hard/Soft																																								
Cervix Position																																								
Vaginal Sensation																																								
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	31	32	33	34	35	36	37	38	39	40
Pregnancy Test Result																																								
Other Notes:																																								
Poor Sleep																																								
Alcohol																																								
Illness																																								
Additional Information:																																								

Medication:

Instructions: Day 1 is the first day of a period. Take your temperature as soon as you wake. Do not get out of bed first. If you sleep badly, your temperature might not fall to basal level. So mark such days in "other notes". Put a mark in the box corresponding to the day of the cycle and the temperature. Start a new chart each time a period starts. **Do not become a slave to charting.**

Notes

© 2011 Women's Health UK Ltd