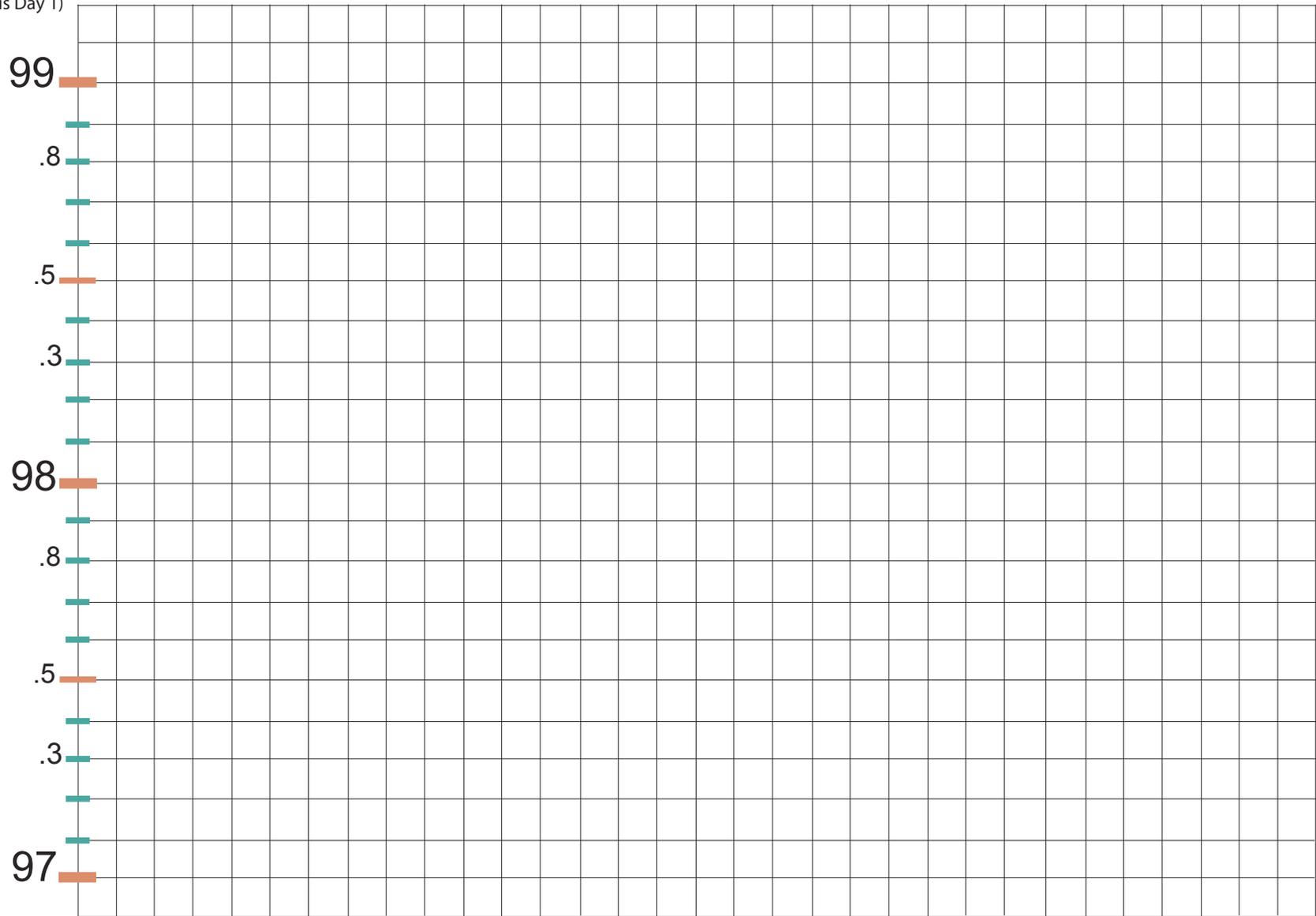


Month _____

Basal Body Temperature (BBT) Chart

Day of Month
Day of Menstrual 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
(The 1st day of your period is Day 1)

Temperature
(degrees fahrenheit)



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 .5 and 1.6 degrees. You are most fertile 2 to 3 days before you ovulate and for about 12 to 24 hours after ovulation.