

FERTILITY CHART - BASAL BODY TEMPERATURE

Tracking your body's basal temperature upon awakening each morning is an effective method of tracking fertility, as well as irregularities in your menstrual cycle. Your cycle begins on the first day of menstruation.

Day 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	
Day of Week																																
Time Taken																																
Waking Basal Body Temperature	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	
	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4
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	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98	98
	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
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	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
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97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	97	
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	
Intercourse																																
Cervical Fluid																																
Cervix Hard/Soft																																
Cervix Position																																
Cervical Os Size																																
Tender Breast																																
Headache																																
Cramps																																
Notes (Mood, Menses Flow, Routine Changes, Illness)																																

Name _____

Month _____

1. Take temperature daily, before you rise, and within a half hour of the same time each day.
2. Use a digital oral/basal thermometer to ensure accuracy.
3. Take temperature using the same method for the entire cycle, either orally or vaginally.
4. Look for a temperature drop of at least .4 degrees over 48-hours to determine ovulation.
5. At the end of the cycle, connect each temperature point with a continuous a line (resembling a mountain range). This will determine whether your cycle presents a biphasic pattern.
6. A temperature that remains high for 18 days after ovulation can indicate pregnancy. Consult with your physician.
7. Note whether you experience illness, consume alcohol, engage in intercourse, or sleep poorly to account for any irregularities.

Codes

Cervical Fluid

D=Dry Sensation W=Wet Sensation
E=Eggwhite T=Tacky, Thick, Opaque

Cervix Hard/Soft

H=Hard S=Soft

Cervix Position

H=High L=Low

Cervix Os Size

o=Small O=Medium ()=Open



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