FertilityTherapies.com

Basal Body Temperature Chart

Record your temperature (under your tongue for 1 minute) at approximately the same time each morning (ideally upon waking) **Start Date:.....** **End Date:.....**

Day of Week																																		
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**
Date D/M	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
Time hr:min	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..
37.5 °C																																			
37.4 °C																																			
37.3 °C																																			
37.2 °C																																			
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35.5 °C																																			
Cervical Mucus																																			
Ovulation Pain																																			
Ovulation Test Kit																																			
Intercourse																																			

KEY: **Cervical Mucus:** P = Period, D = Dry, S = Sticky, C = Creamy (semi-fertile), E = Egg white (most fertile) **Ovulation Pain:** Y or leave blank **Ovualtion Test Kit**: + or - **Intercourse**: Y or leave blank

After ovulation, you should see a noticeable rise in your temperature of about 0.5°C, but it can vary from 0.3°C to 1.0°C. You are most fertile from 3 days before ovulation until 1 day after.