Basal Body Temperature Chart

How to chart BBT

1. Buy a body temperature thermometer.

2. Start charting on the first day of your menstrual period.

3. Set the thermometer properly before you go to bed. Place it on a table near the bed.

4. Take your temperature each morning right after waking up. Do this before getting out of bed, talking, eating and drinking. Any activity may raise your temperature.

5. Record your temperature on the chart by placing a black dot on the temperature line in the correct date column (see sample chart below).

6. Draw a line between yesterday's temperature dot and today's dot.

7. Mark days you have sex by circling the dot.

8. Change the temperature dot to a star if there is some other reason your temperature might change: a cold, fever, a restless night, or medicine like aspirin, Tylenol, or Motrin, which are fever reducers.

9. Start a new chart the day your period begins. Mark the days of your period with an "X".

10. Mark other conditions on the chart including cervical mucus, results of using Ovulation Prediction Kit (OPK/LH Surge), cramps, bloated, headaches, sore breasts and emotional. (See sample chart below) A detailed record of these symptoms can help identify certain problems which may be overlooked previously.

Month(s) October/November Year 2008 This Cycle's Length 30

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	41	42	43	44	45
Date	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	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Menses	X	X	X	X	X	X																																							
Waking Temperature 99.0																																													
98.9																																												
98.8																																												
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CM																E	E	E																										
OPK/LH Surge																X																												
Cramps	X	X	X																																								
Bloated							X	X																																			
Headaches							X	X																																			
Sore Breasts																X	X																										
Emotional	X	X																											X	X													

CM - Cervical Mucus

D: Dry S: Sticky C: Creamy E: Eggwhite consistency W: Watery