



Basal Body Temperature Chart



Use a basal body thermometer (available at most pharmacies) to take your basal body temperature (BBT) as soon as you awake in the morning. 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.

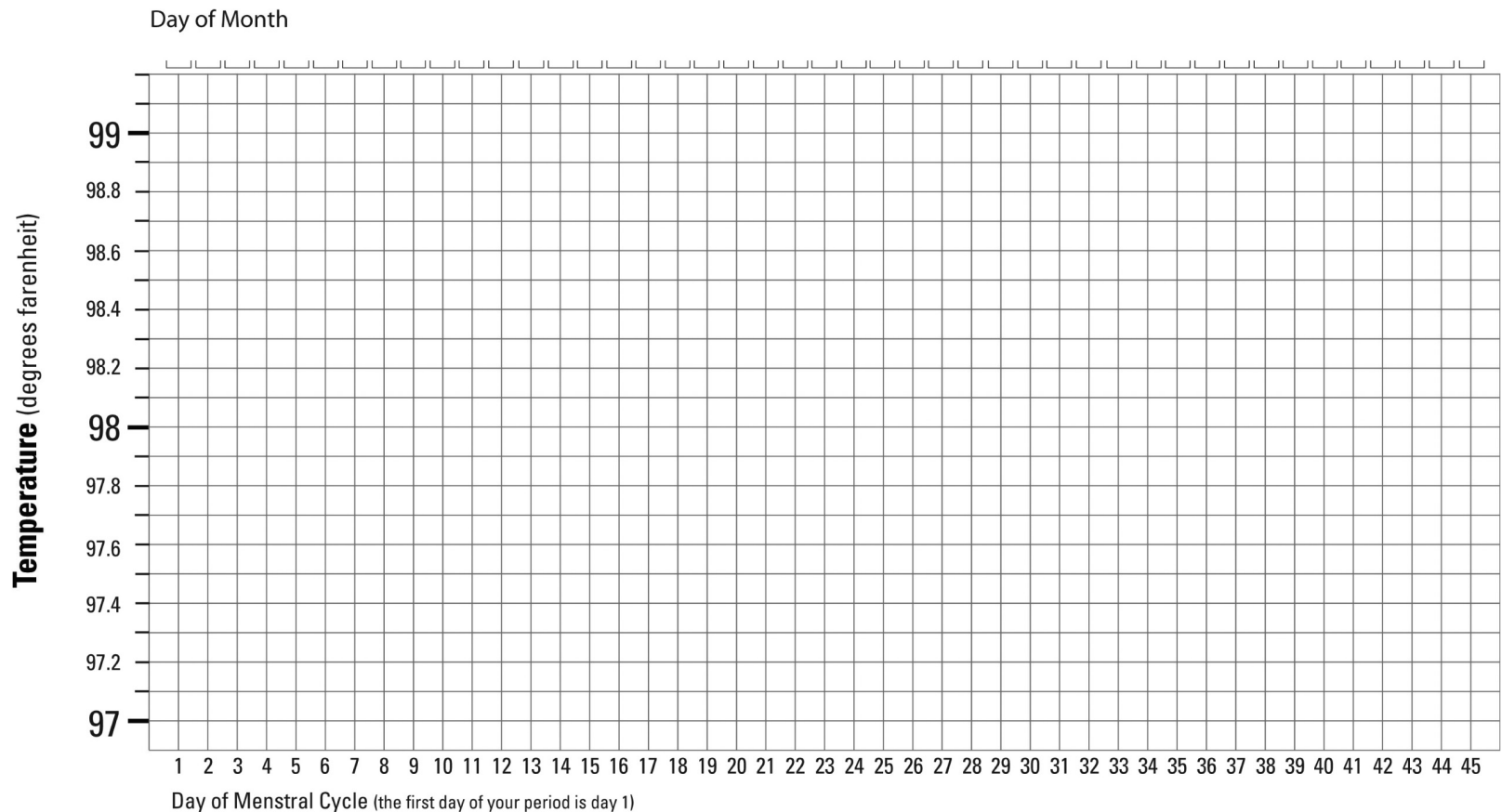
After ovulation, you'll see a spike in your temperature ranging between 0.5 and 1.6 degrees. You are most fertile two to three days before you ovulate and for about 12 to 24 hours after ovulation.

Month: _____

<http://www.womenshealth.gov>

1-800-994-9662

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