

### BASAL BODY TEMPERATURE CHART

Name: \_\_\_\_\_ Date Beginning: \_\_\_\_\_ Date Ending: \_\_\_\_\_

Temp C	Day of Menses Cycle																													
37.5																														
37.4																														
37.3																														
37.2																														
37.1																														
37.0																														
36.9																														
36.8																														
36.7																														
36.6																														
36.5																														
36.4																														
36.3																														
36.2																														
36.1																														
36.0																														
Atypical Symptoms																														
Intercourse																														
Cervical Fluid																														

Using a BBT/fertility thermometer take your temperature under your arm (axillary) (by holding it there until for 10 minutes for a traditional mercury thermometer or once at 5 & 10 minutes and then averaging the value on a digital thermometer), first thing in the morning before rising, when the body is completely at rest. For women with a period take it for 5 days – day 2-7 of your menses. For women without a period and men take it for 5 days at any time of the month. For fertility in females track the complete month of your BBT, intercourse and cervical fluid. Record the readings and note if there is anything unusual that may impact your BBT such as: a different thermometer, illness, medication, activity, stress, food consumption.

Normal Thyroid Function: 36.6°C(97.8°F) to 36.8°C(98.2°F) | Hypothyroid Function: <36.6°C(97.8°F) | Hyperthyroid Function: >36.8°C(98.2°F)