



INSTRUCTIONS FOR BASAL BODY TEMPERATURE

Name: _____

1. Place thermometer under your tongue first thing in the morning. Always check your temperature just after you awoken, do not get out of bed, go to the bathroom or drink first.
2. You may use any thermometer that includes 97° - 99°, you do not have to buy a special basal body thermometer.
3. The first day of the menstrual cycle is the first day you bleed, whether it is 14 days or 90 since your last menstrual flow.
4. Always go to the next graph with each new period
5. If you go longer than 41 days between bleeds, go on to next graph, then begin a new one when you do bleed.
6. Place a dot on the intersection of the cycle day and the temperature.
7. Indicate menstrual flow by an "X" on the 98° line.
8. Indicate medications taken (Clomiphene etc.), sick days, etc., on notes.
9. Please call us for any problems. This is very important to us in helping you with your medical care.

		MONTH AND YEAR																																																				
		DAY OF MENSTRUAL CYCLE																																																				
°C	°F	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												
37.2°	99°																																																					
37.1°	98.8°																																																					
37.0°	98.6°																																																					
36.9°	98.4°																																																					
36.8°	98.2°																																																					
36.7°	98.0°																																																					
36.5°	97.8°																																																					
36.4°	97.6°																																																					
36.3°	97.4°																																																					
36.2°	97.2°																																																					
36.1°	97.0°																																																					
NOTES																																																						

