

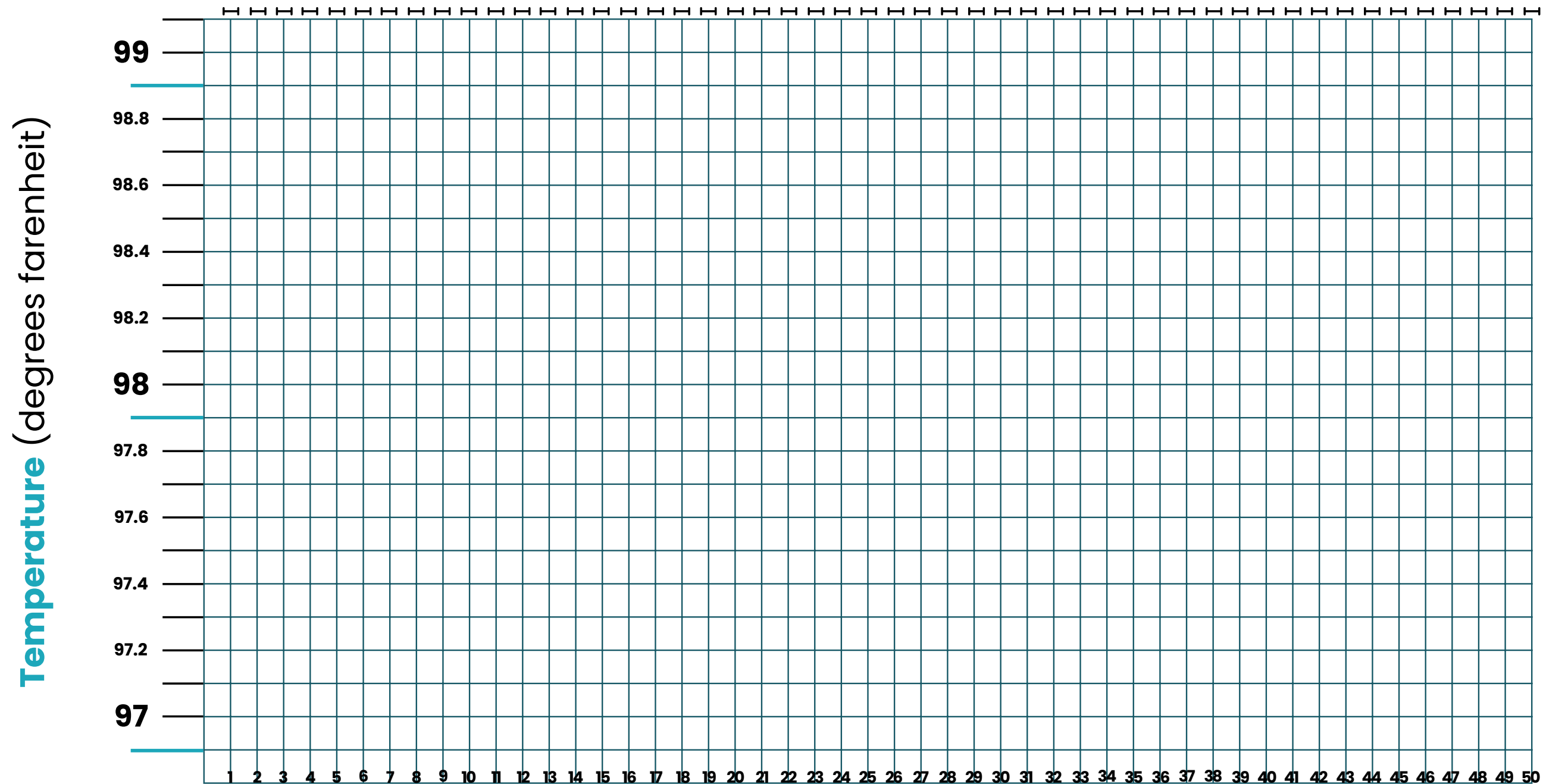
Basal Body Temperature (BBT) Chart Month: _____

Take your temperature as soon as you wake up and place a dot on the graph below for each day of your menstrual cycle. Connecting the dots with a line from one day to the next will reveal a pattern.

While the pattern will likely vary for each cycle, over time you will see when you are more likely to be ovulating.

After ovulation, women will see a spike in their basal body temperature ranging between .5 and 1.6 degrees. A woman is most fertile 2-3 days before she ovulates and for around 12 to 24 hours after ovulation.

Day of Month



Day of Menstrual Cycle (the first day of your period is day 1)