BBT Chart BASAL BODY TEMPERATURE

NAME:_____ AGE:_____

ADDRESS:_____

TELEPHONE:_____

Explanation

Knowledge of whether and when ovulation occurs is essential. Identifying the time when ovulation is likely to occur allows for proper planning of intercourse when fertility is optimal.

A simple method of estimating the time of ovulation is by charting daily oral temperatures. A woman's temperature is lower during the first part of the menstrual cycle than it is during the last 2 weeks. The temperature shift occurs near ovulation. Ovulation is assumed to occur when there is a rise of 0.4 to 0.6°F or more between 24-hour readings. (See sample chart.)

Instructions

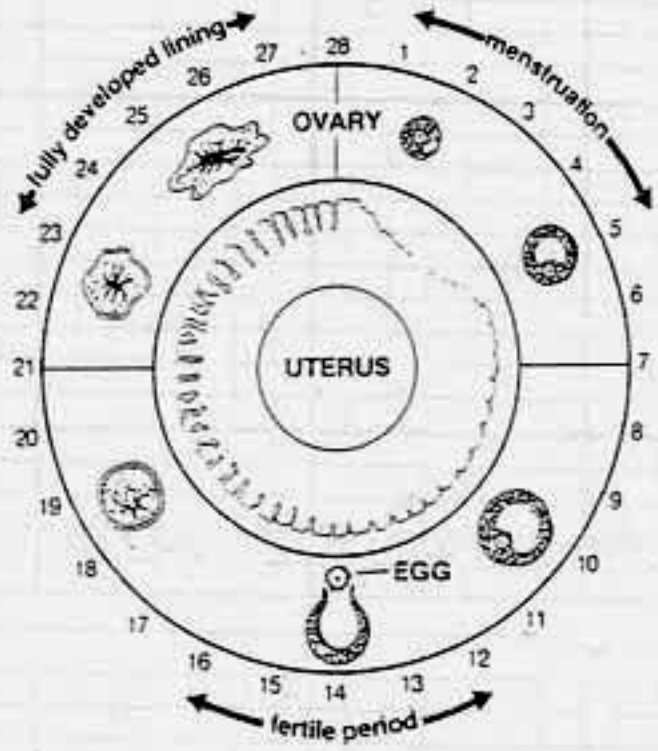
1) Use only a special "metabolic" thermometer with a Fahrenheit scale. Learn to read it accurately.

2) Shake down the thermometer before you go to bed and place it on your bedside table.

3) Take your temperature each morning immediately after waking, *before* arising, eating, drinking, smoking, or undertaking any type of physical activity. Temperature should be taken for 5 minutes, by the clock. Record your temperature as a solid dot at the intersection of the appropriate temperature and date lines.

4) Also indicate, in the appropriate places, when intercourse and menstruation occur. And note, on the chart, any reasons for temperature variation such as illness, infection, insomnia, etc. Be sure to place an "x" on the medication line. Then write in the name of any medication, such as aspirin, acetaminophen, antihistamine, or antibiotic, taken during the month. (See sample chart.)

The Menstrual Cycle



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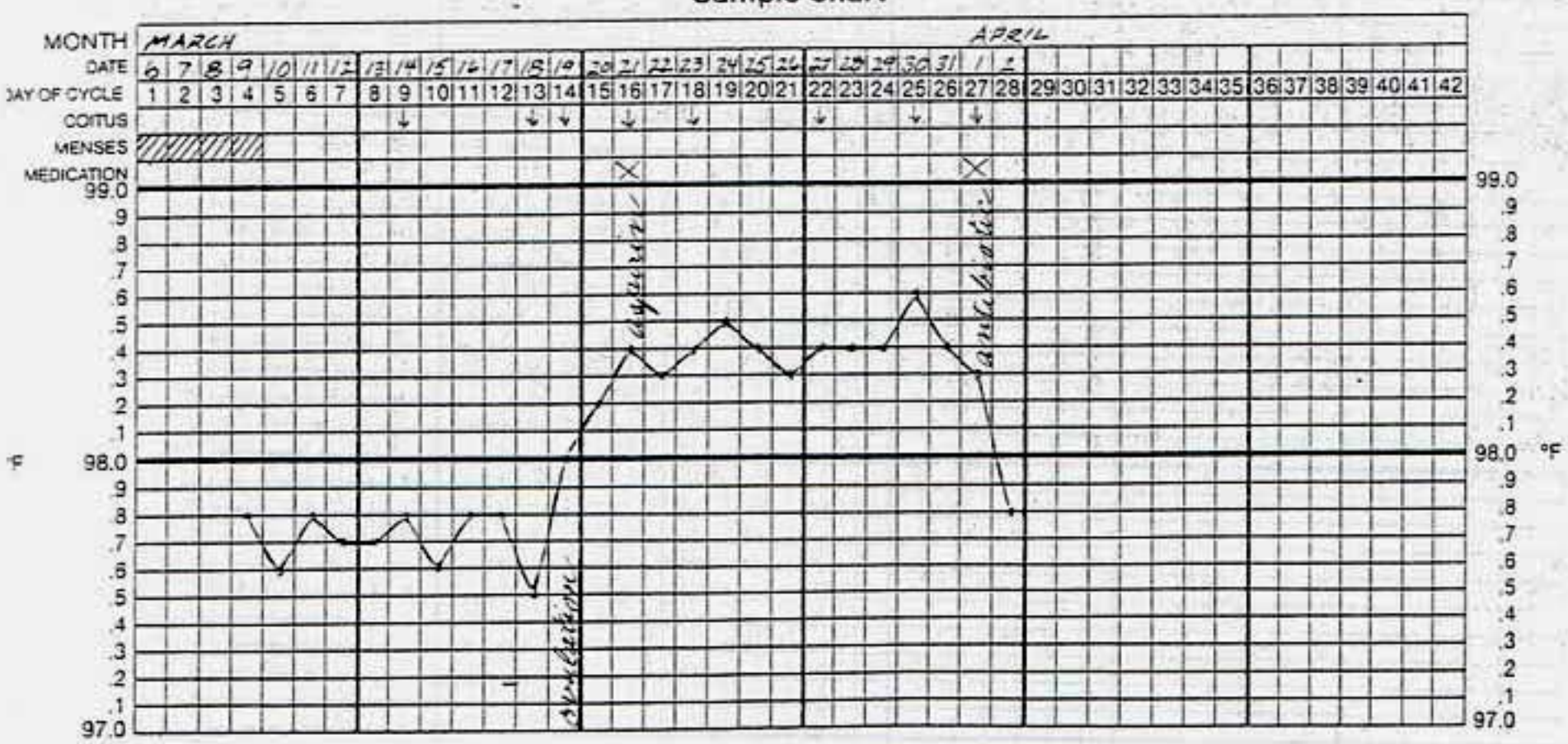
5) Your BBT is an indirect predictor that cannot pinpoint the exact day of ovulation. Therefore, it is important to have sexual relations at the anticipated time of ovulation. Ideally, intercourse should take place at least every other day beginning 1 to 2 days prior to the anticipated day of ovulation and for a 2- to 3-day period following the upward shift in body temperature. This is your most fertile period.

6) Start a new chart when menstrual bleeding begins.

Sample Chart



MONTH

DATE

DAY OF CYCLE	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
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MENSES																																										
MEDICATION																																										

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