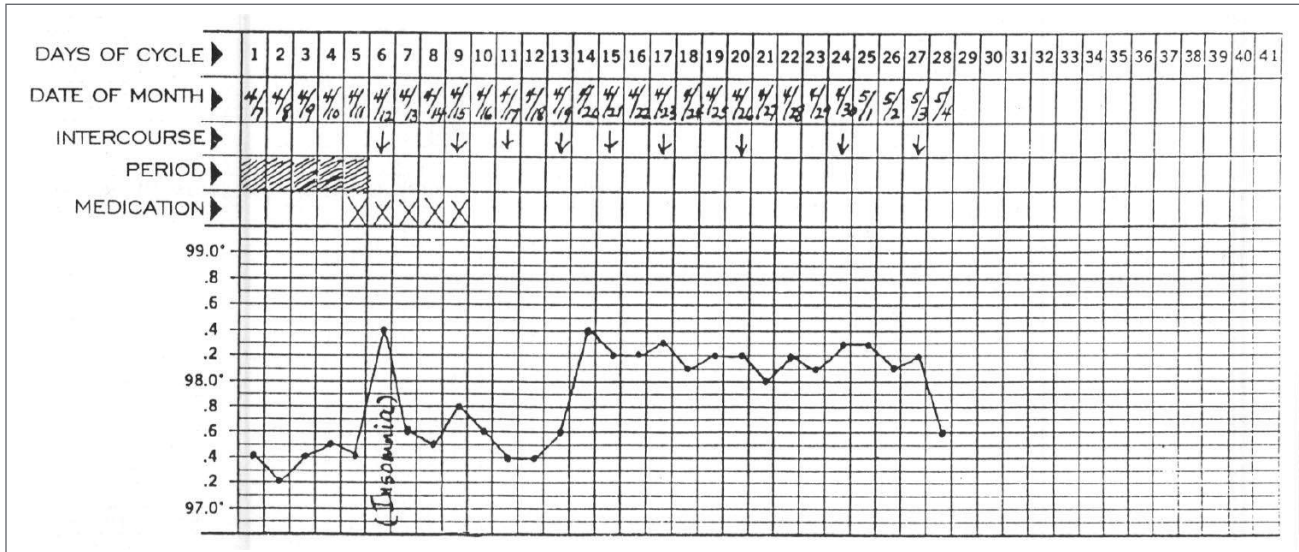


Basal Body Temperature



How to Keep a Basal Body Temperature Chart

1. Insert the date of the first day of your period in the first box of the second row.
2. Each morning, when you wake up, but before you get out of bed, place the thermometer under your tongue for at least 2 minutes. Do this every morning, even during your period. Be sure not to eat, drink, smoke or brush your teeth before taking your temperature.
3. Accurately record your temperature reading on the graph by placing a dot in the proper location (see example above). Indicate days of intercourse by a down-pointing arrow in the space provided.
4. The first day of your period is considered the starting day of each cycle. Indicated the days you bled by blocking the square on the row marked "period".
5. Any obvious reasons for temperature variation such as a cold, infection, insomnia, indigestion, etc., should be noted on the graph above the information listed for that day.
6. Ovulation may be accompanied, in some women, by a twinge of pain in the lower abdomen or an increase in vaginal discharge (clear, slimy discharge). If you notice this, indicate on the graph when this occurred.
7. Start new cycle on the next graph.

continued >

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Basal Body Temperature *continued*



BASAL BODY TEMPERATURE RECORD

NAME: _____ DOCTOR: _____

Days 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										
Date of Month																																																		
Intercourse																																																		
Period																																																		
Medication																																																		
99.0°																																																		
.8																																																		
.6																																																		
.4																																																		
.2																																																		
98.0°																																																		
.8																																																		
.6																																																		
.4																																																		
.2																																																		
97.0°																																																		

Print this page multiple times to record multiple cycles.

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