

## **Basal Body Temperature**

Charting your basal body temperature is a simple and sensitive way to evaluate fertility. BBT can be useful to assess when the post-ovulatory temperature spike occurs to help you better understand your fertility cycle. For this purpose, use a thermometer that records temperature to two digits past the decimal point.

### Procedure

Place a thermometer next to your bed. Automatic digital thermometers tend to be more temperamental than the old glass mercury thermometers. To ensure accuracy of your digital thermometer, take a series of three repeated readings within a minute of each other, without moving. If the readings are within 0.1, then the thermometer may be used for the test.

On waking, without getting out of bed or moving about, place the thermometer in your mouth. It is best to lie still with your eyes closed while waiting to get a reading. Record the temperature at the beep.

Record your temperature every day for 3 months. Record the 1<sup>st</sup> and last day of your menses and complete the chart provided.

# Basal Body Temperature and Cervical Mucus Chart

Cycle day	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	
Date																																
Time																																
Temperature (°C/°F)	37.4/99.4																															
	37.3/99.2																															
	37.2/99.0																															
	37.1/98.8																															
	37.0/98.6																															
	36.9/98.4																															
	36.8/98.2																															
	36.7/98.0																															
	36.6/97.8																															
	36.5/97.7																															
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	36.1/97.0																															
	36.0/96.8																															
	35.9/96.6																															
35.8/96.4																																
35.7/96.2																																
35.6/96.0																																
35.5/95.9																																

CM Type																														
Sex																														

<b>Legend</b>	CM Type refers to Cervical Mucus type m= Menses   * = Spotting   - = No Fluid   s= Sticky   c= Creamy   e= Egg white
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