Basal Body Temperature Chart

Charting your BBTs is really pretty easy. Basically, what you are doing is taking your temperature first thing each day and plotting the temperature on a chart. What you are looking for is to see a shift of at least .4 degrees Fahrenheit after ovulation making your chart biphasic (showing low temperatures before ovulation in the follicular phase, and higher ones after ovulation in the luteal phase).

1. Take your temperature first thing in the morning before you get out of bed or even speak -- leave your thermometer at your bedside within easy reach so you don't have to move much to get it.

2. Try to take the temperature at as close to the same time each day as possible. Staying within a half hour either side of your average time is a good idea because your temp can vary with the time (i.e., if you usually take your temperature at 6 a.m., it is OK to take your BBT between 5:30-6:30, but the closer to 6 the better).

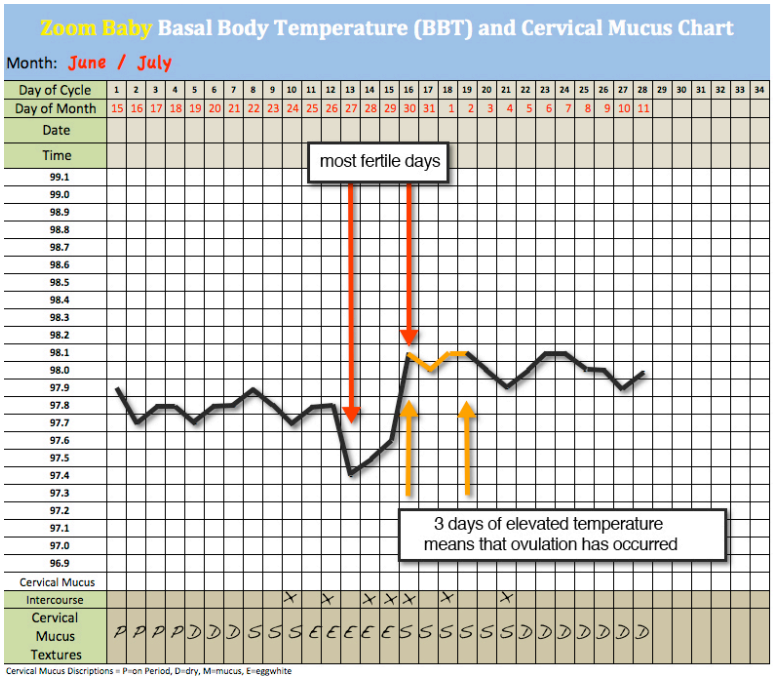
3. It is best to take your BBT after a minimum of 5 hours sleep, and at least 3 in a row is preferable.

4. You can take your temperature orally, vaginally, or rectally -- just stay with the same method for the entire cycle.

5. Plot your temperature on your chart each day,

6. What you are looking for is a temperature shift of at least .4 degrees over a 48-hour period to indicate ovulation. This shift should be above the highest temperatures in the previous six days, allowing one temperature to be thrown out as inaccurate (fluke, illness).

7. If your temperature stays up for 18 days or more after ovulation, you should test for pregnancy.



Zoom Baby Basal Body Temperature (BBT) and Cervical Mucus Chart

Month _____

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
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Intercourse																																		
Cervical Mucus Textures																																		

Cervical Mucus Discriptions = P=on Period, D=dry, M=mucus, E=eggwhite

Notes: (List any changes to your routine)