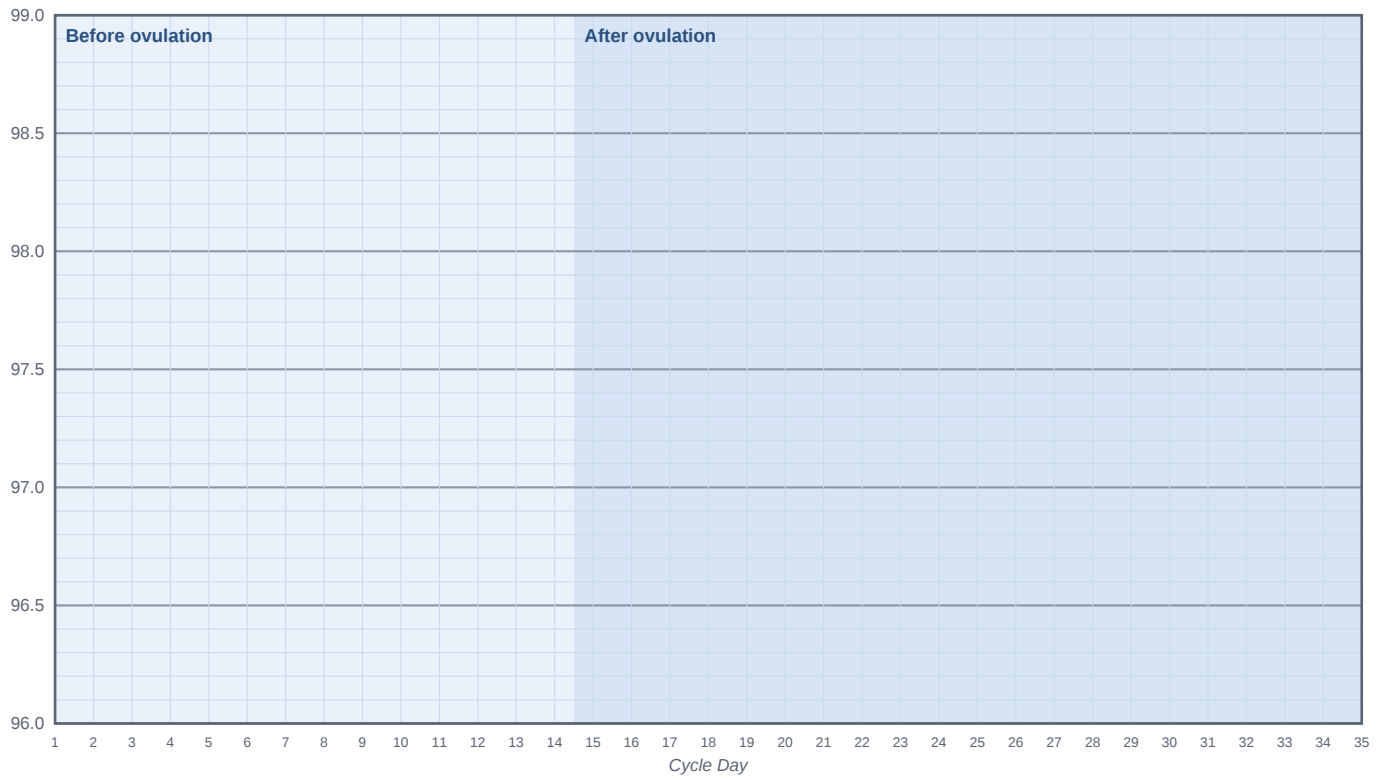


Basal Body Temperature Chart

Take your temperature the moment you wake up, before getting up or talking, and mark a dot where the day and reading meet.

Cycle start date: _____

Name (optional): _____



Circle a dot = your temperature that day

Shaded columns = a rough before / after ovulation split, not a prediction

How to use this chart: take your temperature with a digital basal thermometer first thing every morning, before you sit up, talk, or check your phone. Log the number the same day, then plot it on the grid above. A rise of about half a degree to a full degree that holds for several days in a row usually means ovulation has already happened.

This chart is for tracking your own patterns, not for diagnosing anything. Talk with your doctor or midwife about what your results mean for you.
kidsdirect.net/basal-body-temperature/