

**Basal Body Temperature Chart**

Dates covered: \_\_\_\_/\_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_/\_\_\_\_

**Name:**

<b>Cycle Day</b>	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			
<b>Time of recording</b>																																											
37.5																																											
37.4																																											
37.3																																											
37.2																																											
37.1																																											
37.0																																											
36.9																																											
36.8																																											
36.7																																											
36.6																																											
36.5																																											
36.4																																											
36.3																																											
36.2																																											
36.1																																											
36.0																																											
35.9																																											
35.8																																											
35.7																																											
35.6																																											
35.5																																											
Menstruation																																											
<b>M:</b> wet, slippery, stretchy, clear																																											
<b>M:</b> moist, white, cloudy, sticky																																											
<b>M:</b> dry, no secretions felt																																											
<b>C:</b> Position and Opening																																											
<b>C:</b> Firmness (F=firm, S=soft)																																											
Sexual Intercourse- use an "X"																																											
Fertile days																																											
Disturbances: of the day/night before need to be recorded here																																											

**Eq's of Temperature**

**Rounding Rules:**

36.60 = 36.60

36.59 = 36.60

36.58 = 36.60

36.57 = 36.55

36.56 = 36.55

36.55 = 36.55

36.54 = 36.55

36.53 = 36.55

36.52 = 36.50

36.51 = 36.50

.50 = dot on line

.55 = dot in space  
between lines

**Disturbances:**

late/broken nights, travel  
early/late morning, illness  
shift work, medications  
recording times, partying  
alcohol, stress

**Menses:** L= light, H= heavy

S= spotting

**M= mucus type**

**C = cervix**

o = open

c = transitional

• = closed

mark relative position of cervix  
within that day's box