Basal Body Temperature Chart

When period begins, commence new chart

Name: Month: _______________ Year: ________ Cycle #:___

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SPOTTING																																								
ABDOMINAL PAIN																																								
INTERCOURSE																																								
DRUGS																																								
DAY OF MONTH																																								
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TEMPERATURE																																								
37.4°C / 99.3°F																																								
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Keeping track of your basal body temperature

Your body temperature changes throughout your menstrual cycle. By taking your "basal" (or resting), temperature orally each morning before engaging in any activity, you can record those temperature fluctuations and begin to understand when ovulation occurs.

Your basal temperature is usually lower at the beginning of your cycle. It will rise after ovulation. This usually occurs midcycle (at about Day 14).

Knowing when ovulation occurs enables you to time intercourse for when you are most fertile. Because each woman is different, monthly charting gives you and your physician helpful insight into your menstrual cycle and ovulation patterns.

As you become more aware of your body's signals, other indicators of ovulation will become evident. For example, many women experience twinges of pain in the lower abdomen around the time of ovulation. Others experience breast sensitivity after ovulation.

How to keep track of your temperature

1. Consider the first day of menstrual flow your "start" day (**Day 1**). Indicate each day of flow by blocking the square indicated (■) on the graph (see example below). Start at the left under the first day of your cycle.

   NOTE: Spotting for a couple of days without a temperature drop is **not** considered Day 1 of your cycle. Day 1 is when both bleeding starts and your temperature drops.

2. Insert the date in the space provided for "Day of Month" (see example below).
3. Each night, shake your **oral basal body thermometer** (which is specifically designed to detect temperature changes as small as O.l°C) and place it on the bedside table.
4. Each morning, before you get out of bed (while you are still lying down), place a thermometer under your tongue for at least two to three minutes. Do this every morning, even during menstruation.

   NOTE: Do not eat, drink, or smoke before taking your temperature. It could cause a false reading.

5. Record your temperature on the graph by placing a dot (•) in the proper location (see example below).
6. Indicale days of intercourse by placing a down-pointing arrow (↓) in the space provided (see example below).
7. Indicate the days, if any, on which you experience twinges of pain in the lower abdomen (**P**). Some women experience this around the time of ovulation.
8. Also note any obvious reasons for temperature variation, such as colds, infection, insomnia, indigestion, etc., above your reading for that day.
9. Start a new graph with each new menstrual cycle and continue during menses. Do not stop unless advised by your physician or healthcare professional.
10. Bring these graphs with you to every appointment.

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EXAMPLE CHART Month: _______________ Year: ________ Cycle #:___

MENSTRUATION	■	■	■	■																									■											
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SPOTTING				S																																				
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INTERCOURSE						↓				↓			↓		↓	↓				↓					↓			↓												
DRUGS					D	D	D	D	D																															
DAY OF MONTH	20/8	21	22	23	24	25	26	27	28	29	30	31	1/9	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17											
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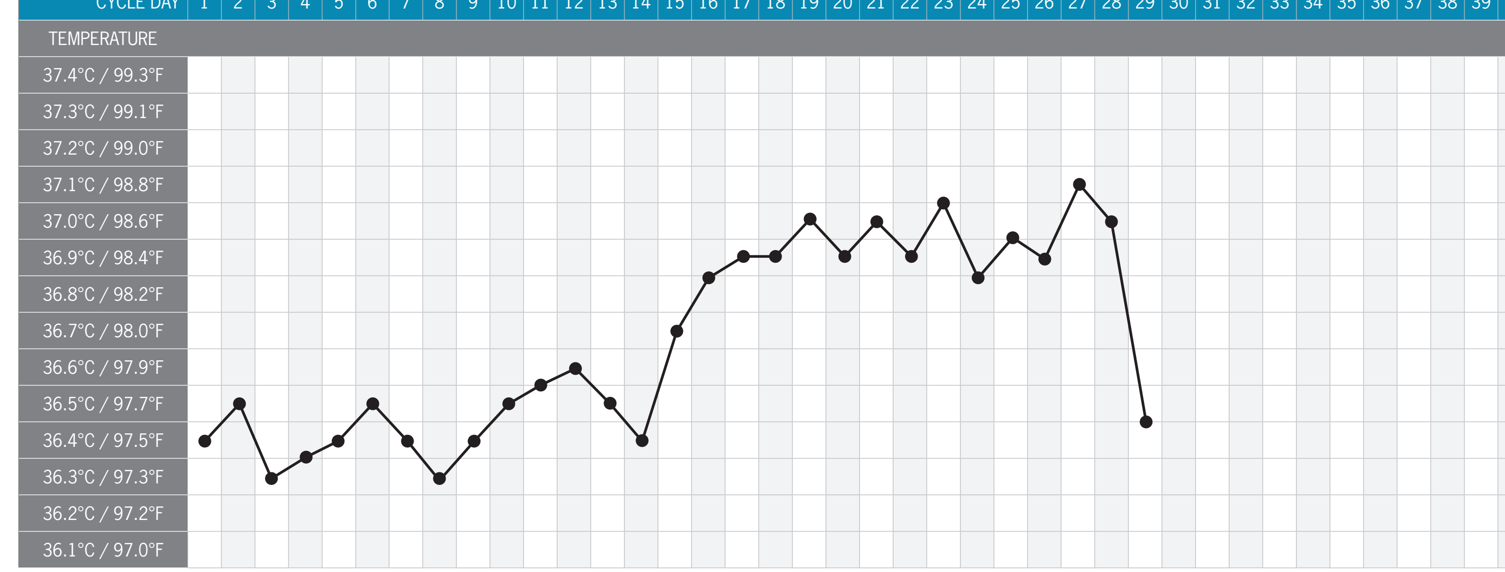

EMD SERONO For more information go to **www.fertilitycanada.com**

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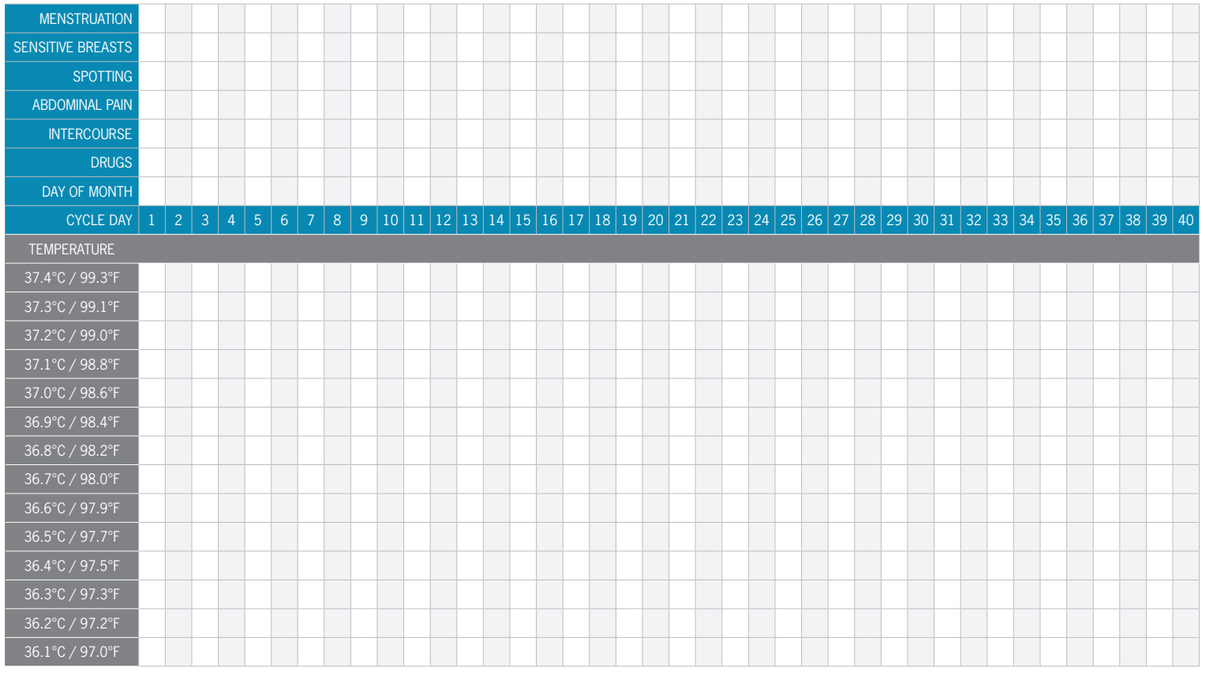

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