Coastal Women's HEALTHCARE

BASAL BODY TEMPERATURE CHARTING

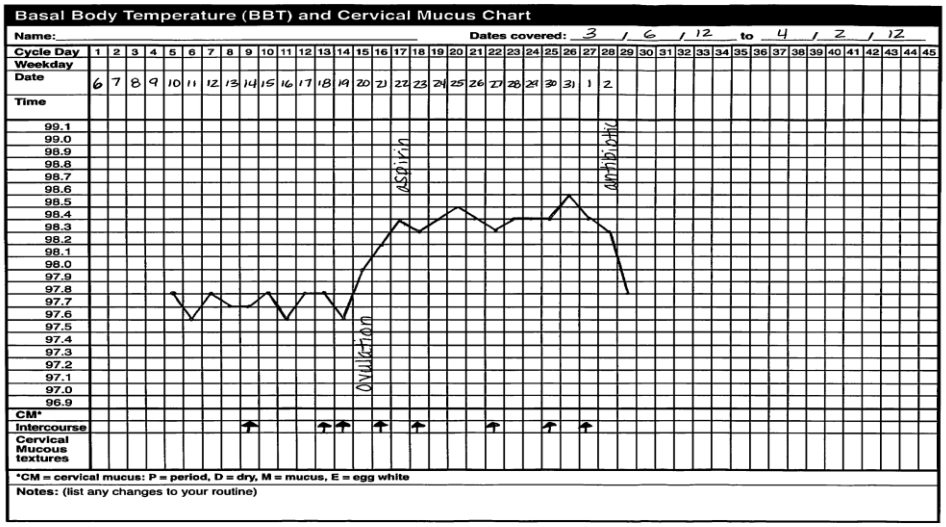
Explanation:
Knowledge of whether and when ovulation occurs is essential. Identifying the time when ovulation is likely to occur allows for proper planning of intercourse when fertility is optimal.

A simple method of estimating the time of ovulation is charting daily oral temperatures. A woman's temperature is lower during the first part of the menstrual cycle than it is during the last 2 weeks. The temperature shift occurs near ovulation. Ovulation is assumed to occur when there is a rise of 0.4 to 0.6°F or more between 24 hour readings.

Instructions:

- Use either a "metabolic" thermometer or a digital thermometer with a Fahrenheit scale.
- Take your temperature each morning, immediately after waking, before getting out of bed, eating, drinking, smoking or undertaking any type of physical activity. Temperature should be taken for 5 minutes, by the clock if using a "metabolic" thermometer. Record your temperature as a solid dot at the intersection of the appropriate temperature and date lines.
- Also indicate, in the appropriate places, when intercourse and menstruation occur. Note on the chart, any reasons for temperature variation such as illness, infection, insomnia, etc. Include medications such as aspirin, acetaminophen, antihistamine or antibiotic).
- Your BBT is an indirect predictor that cannot pinpoint the exact day of ovulation. Therefore, it is important to have intercourse at the anticipated time of ovulation. Ideally, intercourse should take place at least every other day beginning 1 to 2 days prior to the anticipated day of ovulation and for a 2 to 3 day period following the upward shift in body temperature. This is the most fertile time period.
- Start a new chart with the start of menstrual bleeding.

Sample Chart:



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BASAL BODY TEMPERATURE CHARTING

Basal Body Temperature (BBT) and Cervical Mucus Chart

Name:_____ **Dates covered:** _____/_____/_____ **to** _____/_____/_____

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	32	33	34	35	36	37	38	39	40	41	42	43	44	45
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96.9																																													
CM*																																													
Intercourse																																													
Cervical Mucous textures																																													

*CM = cervical mucus: P = period, D = dry, M = mucus, E = egg white

Notes: (list any changes to your routine)

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Name:_____ **Dates covered:** _____/_____/_____ **to** _____/_____/_____

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	32	33	34	35	36	37	38	39	40	41	42	43	44	45
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