SUZANNE TAPPER

BASAL BODY TEMPERATURE CHART

Name: _____

Dates Covered: _____ **Cycle Number:** _____

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
Time																															
37.5																															
37.4																															
37.3																															
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35.6																															
35.5																															
Notes																															
Intercourse																															
Period																															
Spotting																															

Use a fertility thermometer to take your basal body temperature each morning upon waking. Make sure you take it BEFORE you get up.
In this clinic, every day is important to track. The chart is being used to assess a number of physiological processes, not just ovulation.