# BASAL BODY TEMPERATURE CHART

NAME: _____

AGE: _____

↓ COITUS

■ MENSES

***See Instructions on reverse side.***

| DAYS OF CYCLE ▶ | 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 |
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| DAYS OF CYCLE ▶ | 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 |
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| DAYS OF CYCLE ▶ | 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 |
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# INSTRUCTIONS FOR KEEPING TEMPERATURE RECORD

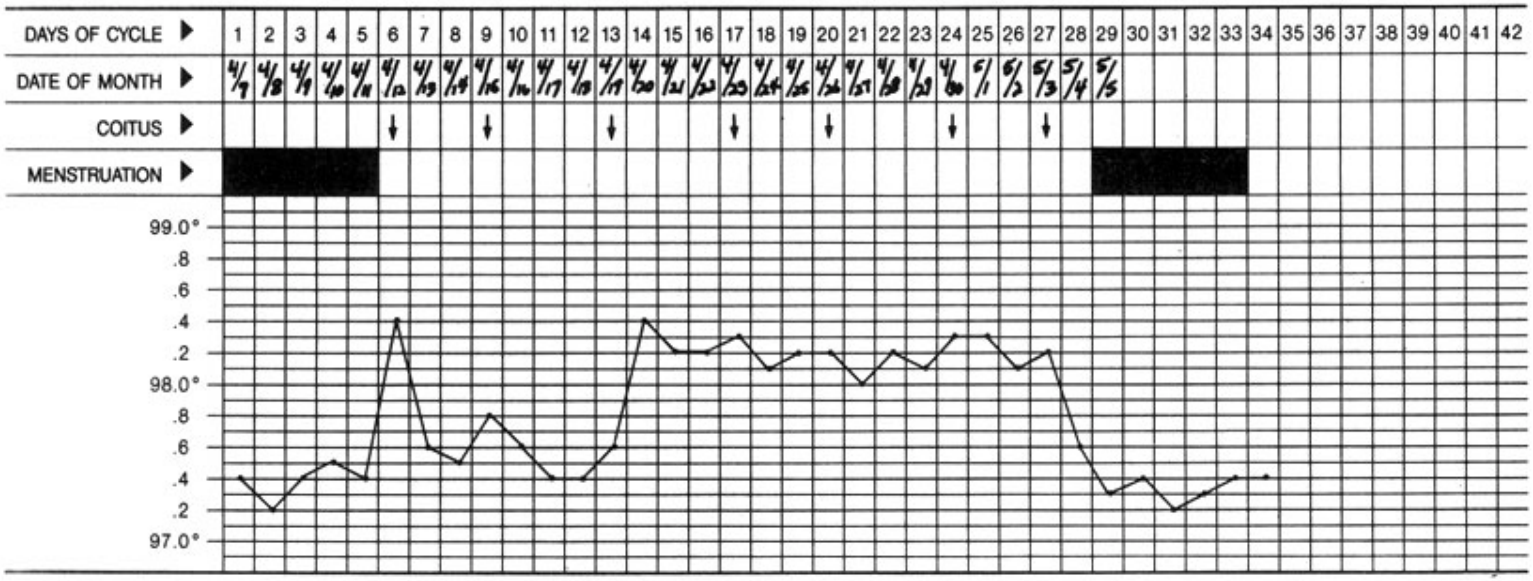
1/ Insert date at top of column in space provided for date of month.

2/ Each morning upon awakening, but *before* you get out of bed, place thermometer under tongue for at least two minutes. Do this every morning, even during menstruation. Be sure not to eat, drink or smoke before taking temperature.

3/ Accurately record temperature reading on the graph by placing a dot in the proper location (see example below). Indicate days of coitus (intercourse) by a down-pointing arrow (↓) in the space provided.

4/ The first day of menstrual flow is considered to be the start of a cycle. Indicate each day of flow by blocking the square indicated (■) on the graph, starting at the extreme left under the first day of cycle.

5/ Any obvious reasons for temperature variation such as colds, infection, insomnia, indigestion, etc., should be noted on the graph above the reading for that day.

6/ Ovulation may be accompanied, in some women, by a twinge of pain in the lower abdomen. If you notice this, indicate the day it occurred on the graph.

7/ Start new cycle on next graph.