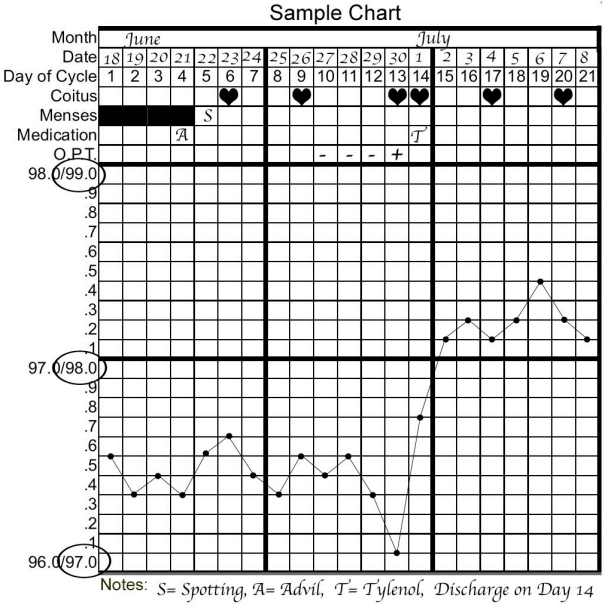
Basal Body Temperature Chart

It has been known for a long time that basal body temperature (or the lowest temperature that your body experiences throughout the day) can be reflective of changing hormonal patterns. By recording the pattern of your basal body temperature (BBT) throughout your cycle, it is possible to monitor your ovulation. Analysis of BBT charts can be useful for both the conformation of the occurrence of ovulation as well as the timing of intercourse.

Any thermometer (oral, rectal, temporal, or ear) that records body temperature in tenths of a degree may be utilized.

1. Begin your Basal Body Temperature Chart on the first day of your period, being sure to fill out the appropriate boxes for name, month, date, etc.
2. Take your temperature immediately after awakening and before getting out of bed.
3. Record your thermometer reading as a dot on your BBT chart according to your temperature on that particular day.
4. Continue taking and recording your temperature every day (even during periods). When you start a period, start a new chart; mark the month and date and continue charting your temperature on this new chart.
5. Record any vaginal bleeding, intercourse, illness, O.P.T. (Ovulation Predictor Test) or medication usage. Make a note if you experience pain, mucous discharge, spotting, or other symptoms that could be related to your reproductive cycle. (See sample chart).
6. After finishing a chart, take a ruler and connect your temperature dots. Double check that all the appropriate information is filled out correctly and send your chart to our office, via email or fax, for interpretation

Sample Chart



You do not need to take your temperature at the same time every day, but it is important that you do not get up or move around prior to taking it. If you forget and get up, simply lie down for 10 minutes, then take your temperature.

If you are doing O.P.T.s, begin these tests on day 10 of your cycle, or as otherwise directed by your physician. If you chart for 16 days after the time of a positive O.P.T. without starting your period, please contact our office.

Name: Age: Phone:

Month																																																
Date																																																
Day 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
Coitus																																																
Menses																																																
Medication																																																
O.P.T.																																																
98.0/99.0																																																
.9																																																
.8																																																
.7																																																
.6																																																
.5																																																
.4																																																
.3																																																
.2																																																
.1																																																
97.0/98.0																																																
.9																																																
.8																																																
.7																																																
.6																																																
.5																																																
.4																																																
.3																																																
.2																																																
.1																																																
96.0/97.0																																																

Notes:

Dr. Jon M.R. Rawson, M.D. Ph.D. **Phone:** (281) 363-4148 **Fax:** (281) 292-4419 **Email:** FertilityFocus@gmail.com