## HEALTHY PREGNANCY



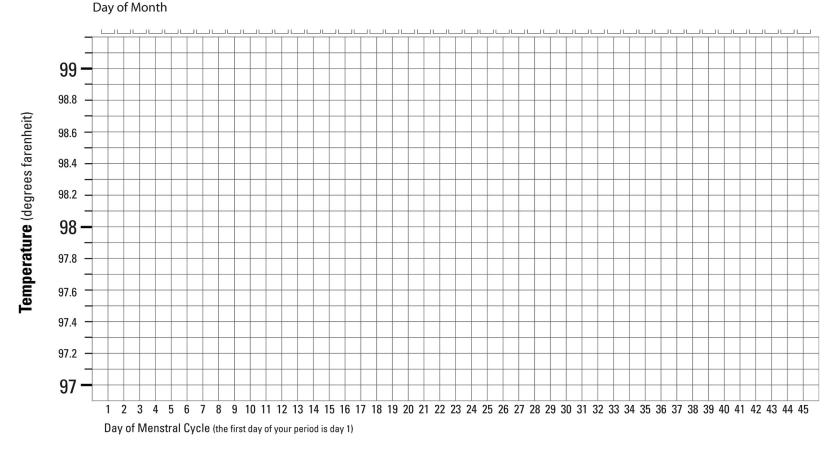
http://www.womenshealth.gov I-800-994-9662 TDD: I-888-220-5446

## **Basal Body Temperature Chart**

Use a basal body thermometer (available at most pharmacies) to take your basal body temperature (BBT) as soon as you awake in the morning. Plot your BBT as a dot on the graph for each day in your menstrual cycle. Connect the dots with a line from day to day so you can see a pattern. The pattern may vary from cycle to cycle, but over time you will begin to see when you tend to ovulate.

After ovulation, you'll see a spike in your temperature ranging between 0.5 and 1.6 degrees. You are most fertile two to three days before you ovulate and for about 12 to 24 hours after ovulation.

## Month: \_\_\_\_\_



Content last updated July 15, 2010.

WOMENSHEALTH.GOV Download Free Jemplates & Forms at Speedy Template http://www.SpeedyTemplate.com/ U.S. Department of Health and Human Services, Office on Women's Health