

# BASAL TEMPERATURE CHART

NAME \_\_\_\_\_

1. Please take your temperature in your armpit for exactly 10 minutes with a mercury thermometer or until the beep on a digital thermometer. **Do this first thing in the morning before you get up.**
2. Record your temperature on the chart.
3. Indicate the **FIRST** day of your menstrual period by circling the entry for that day.
4. Indicate the **LAST** day of your menstrual period by marking an "X" through the entry for that day.

**Bold lines indicate normal range of temperatures**

