

Basal Body Temperature

Please shake down a thermometer at night before you go to bed. In the morning before you get out of bed, place the thermometer [CIRCLE ONE]:

(a) in your mouth, or

(b) in your armpit for ten minutes.

It is important that you remain in bed and as quiet and relaxed as possible for this period of time. Record the temperature on the chart below. Women should also record where they are in their menstrual cycle, i.e., “menstruating,” “first half of cycle,” or “second half of cycle.”

Day 1_____

Day 2_____

Day 3_____

Day 4_____

Day 5_____

Day 6_____

Day 7_____

Day 8_____

Day 9_____

Day 10_____

Day 11_____

Day 12_____

Day 13_____

Day 14_____
