

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 _____
