BASAL BODY TEMPERATURE GRAPH

1. Take and record temperature immediately upon awakening.
2. Average early-cycle Basal Temperature is 97.6.
3. Chart should be revised on day 25-26 of cycle.
4. Please jot down any events that could effect the temperature or be important to the situation; i.e., covers fell off, cold with fever, etc.

FERTILITY CHART

Month																																													
Day																																													
Cycle Day	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	43	44	45

TEMPERATURE (rows): 99.8, 99.6, 99.4, 99.2, 99.0, 98.8, 98.6, 98.4, 98.2, 98.0, 97.8, 97.6, 97.4, 97.2, 97.0, 96.8, 96.6, 96.4, 96.2, 96.0, 95.8, 95.6, 95.4, 95.2, 95.0

NOTES

Intercourse