



Essential Baby Basal Body Temperature Chart

Plot your basal body temperature 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 .3 and .9 degrees. You are most fertile 2 to 3 days before you ovulate and for about 12 to 24 hours after ovulation.

Dates covered: ____/____/____ to ____/____/____

Day of Month	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															
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Notes: (Changes to your routine, illness)