

Basal Body Temperature (BBT) Chart

Month

Temperature

Date																																								
37.5 C																																								
37.4																																								
37.3																																								
37.2																																								
37.1																																								
37.0																																								
36.9																																								
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35.9																																								
35.8																																								
35.7																																								
35.6																																								
35.5 C																																								
Days of Cycle	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								

Fertility Awareness

Mucus (See Key)																																								
Cervix high, soft																																								
Breast fullness								/																																
Ovulation Pain																																								
Disturbances																																								
Intercourse ●																																								

Red	Menstruation bleeding (B)
Green	Dry-day; no mucus (D)
Yellow	Mucus (M)
F	Fertile Mucus (F)
X	Peak Day (last wet day)
123	Days after Peak Day

Plot your BBT as a dot in the centre of the square, and then join the dots with a continuous line. If your temperature is not taken on any day, leave the square blank. Record any reasons for temperature disturbance such as sickness, waking late, alcohol etc. After ovulation you will see a spike in your temperature. Use the three over six rule - as soon as you have recorded 3 consecutive temperatures all of them above the level of the previous 6 you are in an infertile phase. You are most fertile 2 to 3 days before you ovulate and for about 12 to 24 hours after ovulation.