Whole Body Fertility Program
Basal Body Temperature (BBT) Chart

Sample BBT Chart Showing 28 Day Cycle.

Period=begin new chart "day one"

Temperature time (a.m)		
Date		
Period days ("x")	X x x x x x	x
Intercourse ("x")	x x x x	

Day 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 33 34 **35**

Daily Temperature

Circle daily temperature
ex. 98.6 degrees is here >

(Temperature grid values: 99 / 9 / 8 / 7 / 6 / 5 / 4 / 3 / 2 / 1 / 98 / 9 repeated across all days)

"baseline" BBT

Temperature spike you want to see

circle daily BBT here

(Lower temperature grid values: 7 / 6 / 5 / 4 / 3 / 2 / 1 / 97 repeated across all days)

Fertile Cervical Mucus (x)	x x x
Ovulation tests (+/-)	+ +
,Make other notes:	

Lunaception

Ovulation