Whole Body Fertility Program
Basal Body Temperature (BBT) Chart

Sample "Tri-phasic" BBT Chart = Potential Pregnancy

Temperature time (a.m)																																			
Date																																			
Period days ("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**
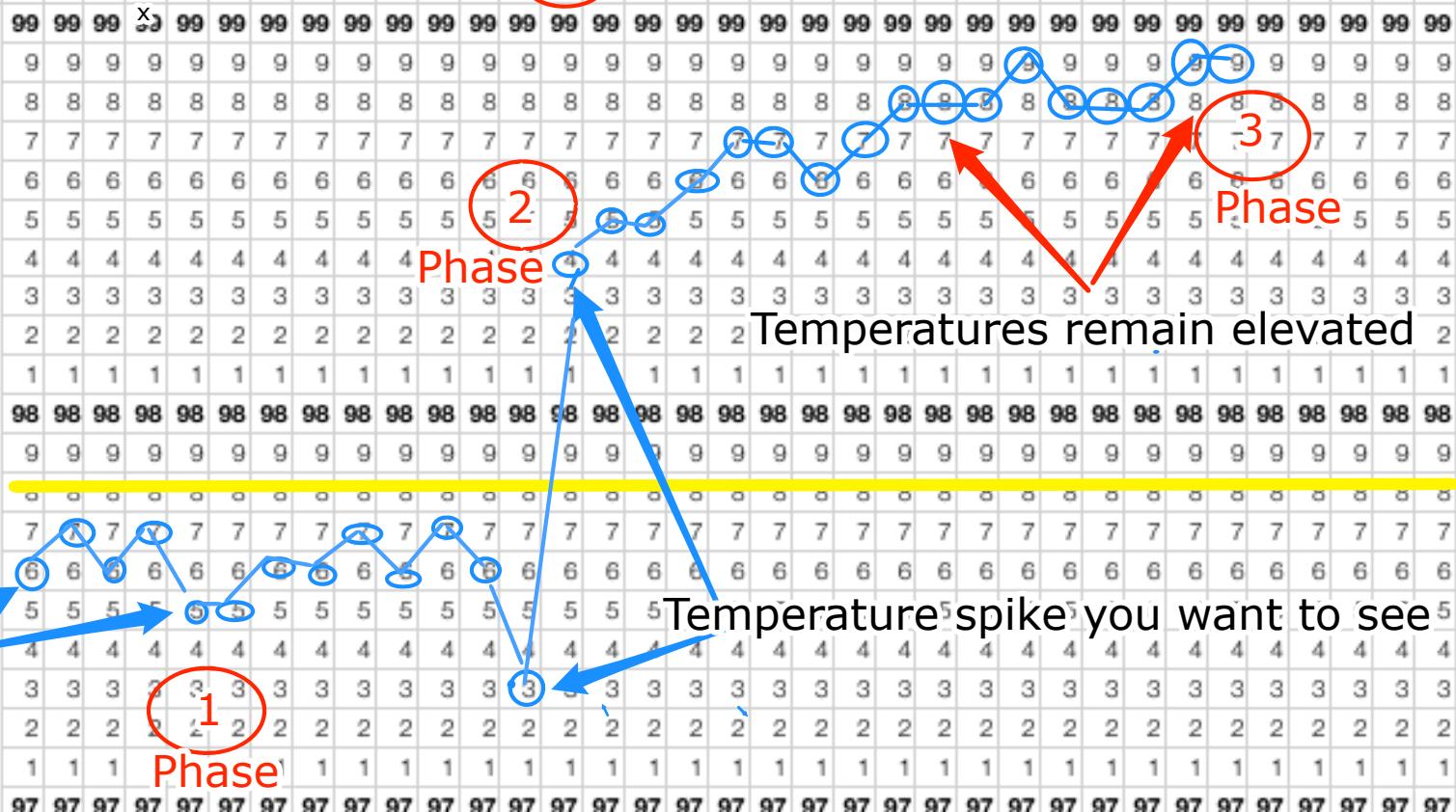
circle daily BBT here

"baseline" BBT

Phase 1

Phase 2 — Temperature spike you want to see

Phase 3 — Temperatures remain elevated

Circle daily temperature ex. 98.6 degrees is here >

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

http://www.MileyLabs.com   http://www.WholeBodyFertility.com