Name:

Basal Body Temperature Chart

Temp C	Temp F																																															Temp F	Temp C
37.5	99.5+																																															99.5+	37.5
37.4	99.4																																															99.4	37.4
37.4	99.3																																															99.3	37.4
37.3	99.2																																															99.2	37.3
37.3	99.1																																															99.1	37.3
37.2	99.0																																															99.0	37.2
37.2	98.9																																															98.9	37.2
37.1	98.8																																															98.8	37.1
37.1	98.7																																															98.7	37.1
37.0	98.6																																															98.6	37.0
36.9	98.5																																															98.5	36.9
36.9	98.4																																															98.4	36.9
36.8	98.3																																															98.3	36.8
36.8	98.2																																															98.2	36.8
36.7	98.1																																															98.1	36.7
36.7	98.0																																															98.0	36.7
36.6	97.9																																															97.9	36.6
36.6	97.8																																															97.8	36.6
36.5	97.7																																															97.7	36.5
36.4	97.6																																															97.6	36.4
36.4	97.5																																															97.5	36.4
36.3	97.4																																															97.4	36.3
36.3	97.3																																															97.3	36.3
36.2	97.2																																															97.2	36.2
36.2	97.1																																															97.1	36.2
36.1	97.0																																															97.0	36.1
36.1	96.9																																															96.9	36.1
36.0	96.8																																															96.8	36.0
35.9	96.7																																															96.7	35.9
35.9	96.6																																															96.6	35.9
35.8	96.5																																															96.5	35.8
35.8	96.4																																															96.4	35.8
35.7	96.3																																															96.3	35.7
35.7	96.2																																															96.2	35.7
35.6	96.1																																															96.1	35.6
35.6	96.0																																															96.0	35.6
Day of Week																																																Day of Week	
Date																																																Date	
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		Cycle Day
Discharge*♀																																																Discharge*
Disturbances (stressful events, etc.)																																																Disturbances (stressful events, etc.)
Other Notes																																																Other Notes

NOTES:

* Discharge Symbols: *=menses S=spotting

Rows in grey are for women only to fill out

For women, day 1 of cycle is first day of your period

Cycle Length:_____

When to take temperature:

- ☐ **in AM upon waking**
- ☐ **Other**