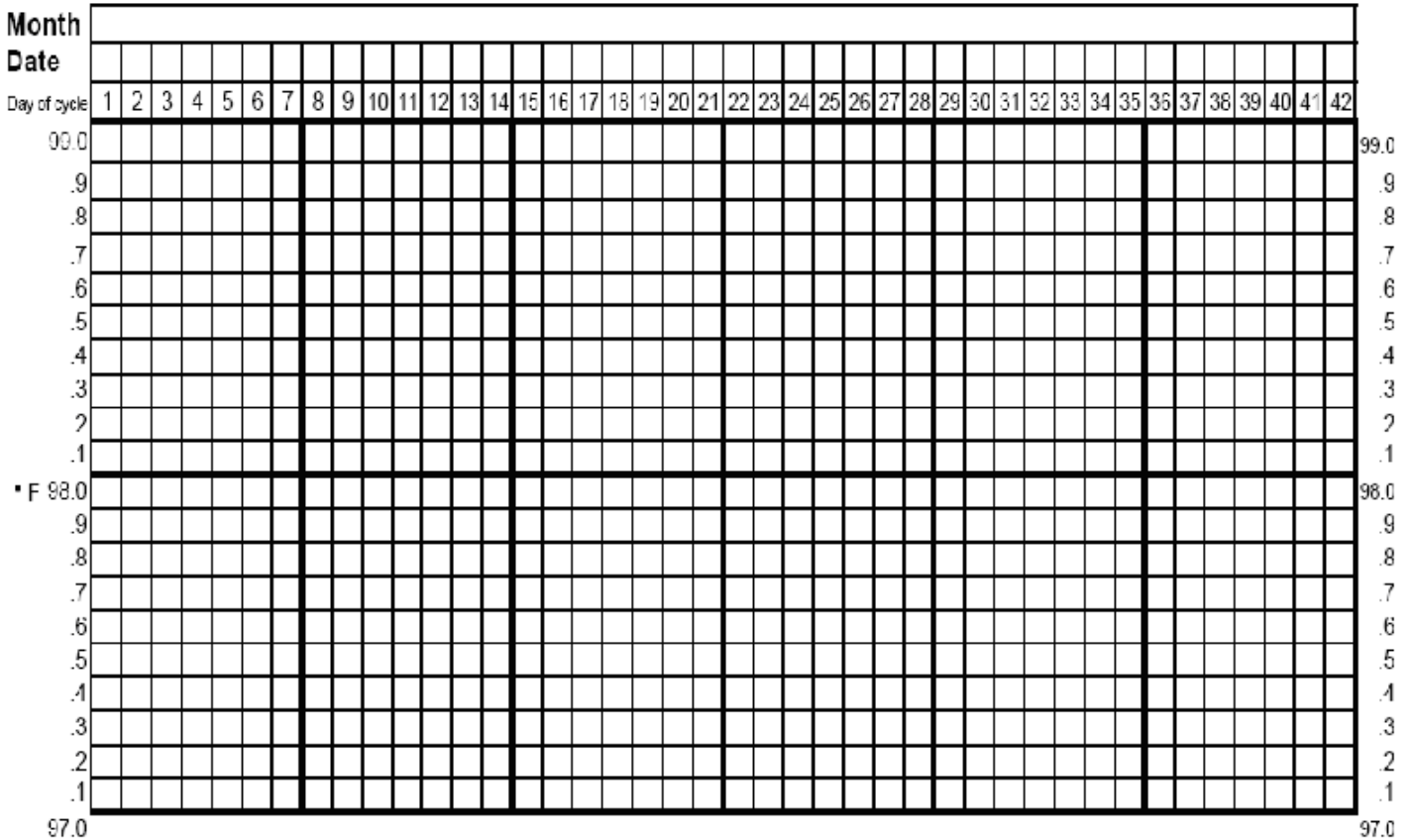
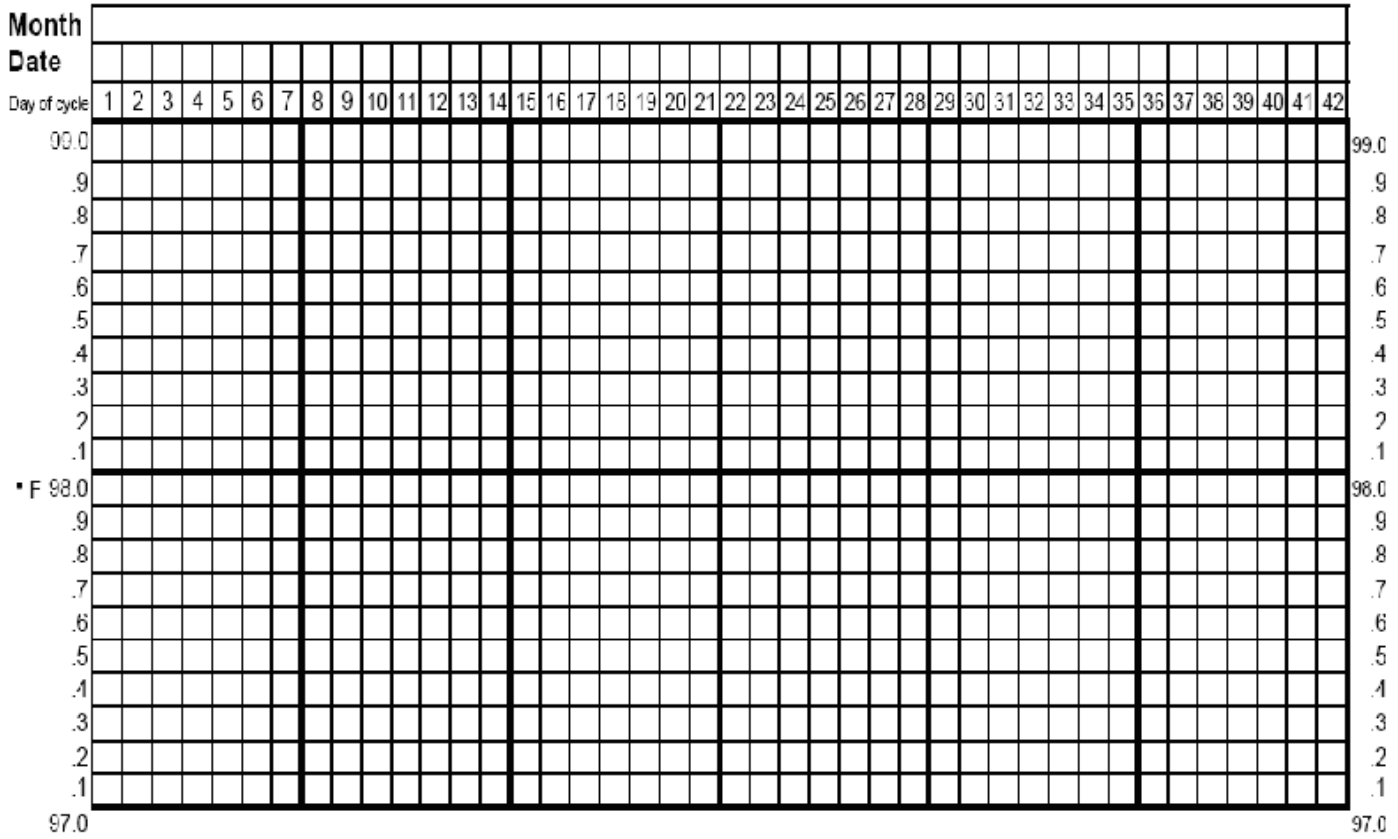


# Basal Body Temperature Chart



## Basal Body Temperature Chart Instructions

### Explanation:

A simple method of estimating the time of ovulation is by charting daily oral temperatures. Although normal temperature is stated to be 98.6 degrees Fahrenheit, slight variations from this value occur. A woman's temperature is lower during the first part of the menstrual cycle than it is during the last two weeks of the same cycle. Furthermore, the shift from lower to higher temperatures occurs at the time of ovulation. The occurrence of ovulation is inferred when there is a rise of 0.4 to 0.6 degree or more between 24 hour readings.

### Instructions:

- 1.) Use only a special "metabolic" thermometer with Fahrenheit scale or a digital thermometer. Learn to read it accurately.
- 2.) Shake down the thermometer before you go to bed, and place it on the bedside table.
- 3.) Take your temperature each morning immediately after waking before arising from bed, smoking, drinking, or eating, for five minutes by the clock. Record this reading on the chart at the intersection of the temperature and date lines as a white triangle.
- 4.) Indicate when intercourse occurs by circling the temperature triangle.
- 5.) Transform the temperature into a black triangle if the previous night's sleep was restless or unusually short, or if fever, cold or other causes of temperature alteration exist. Explain by notation on the chart.
- 6.) Start a new chart the day menstrual bleeding begins. Mark the days of menstruation by an "X".