

Recording your Basal Body Temperature (BBT)

Taking Your Temperature

1. Take your daily temperature first thing upon awakening, before any other activity (going to the bathroom, talking on the phone, etc.)
2. If using a digital thermometer, wait until it beeps, usually about 30 seconds. If using a glass thermometer, leave it in 5 minutes.
3. Take your temperature orally or vaginally, but always from the same place.
4. Try to take it at the very same time each day, when you wake up.
5. Before taking your temperature, a minimum of 3 hours consecutive sleep must have been had.
6. If you use a glass thermometer, shake it down the day before.
7. If you wake up at 5 and then plan to get up at 7, take your temperature at 5, when you wake up. Most digital thermometers will keep the temperature on it until the next use.

Charting Your Temperature

1. Try to get in the habit of recording you temperature soon after it is taken.
2. If the temperature falls between two numbers on a glass thermometer, always take the lowest.
3. Make dots on the appropriate temperature and connect the dots with straight lines.
4. Note events such as stress, or illness in the miscellaneous row. Temperatures taken late should be noted in the time taken row.