



BASAL BODY TEMPERATURE

- On waking, before getting up, place the thermometer under your armpit. It is important to make as little movement as possible, even slight action can raise your body temperature a little, so ideal to settle back down for a few minutes. Lying and resting with your eyes closed is best.
- When ready start your thermometer, and wait until it beeps four times (up to 90 seconds), then remove it and record the temperature in the daily diary.
- If using a mercury thermometer (most accurate) shake it out the night before so that it is ready to go in the morning.
- Record the temperature for at least three mornings - preferably at the same time of day and always before getting out of bed.
- Women with a menstrual cycle must perform the test on the days between the second and ninth days after starting the period.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
37.3							
37.2							
37.1							
37.0							
36.9							
36.8							
36.7							
36.7							
36.5							
36.4							
36.3							
36.2							
36.1							
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35.9							
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