

Basal Body Temperature Chart Instructions
Christina Jackson, L.Ac.

1. Obtain basal body temperature(BBT) thermometer from a pharmacy. It is not the same as a regular thermometer. It will be more sensitive and will be found in the family planning section of any pharmacy.
2. Take your temperature every day first thing before getting out of bed.
3. It is best to take the BBT at the same time each morning, or if not, write down the time if it is ½ hour different than your normal rising time. For each 1/2 hour later you rise, the temperature will go up by .1 degree. For 1/2 hour earlier you rise, the temperature will be .1 degree lower.
3. The following things will affect BBT and should be recorded on the chart if they occur:
 - illness
 - less than 5 hours solid sleep before taking temperature
 - poor sleep or insomnia
 - fever
 - travel
 - medication other than anything normal and daily
 - alcohol
 - stressful events
4. record cervical mucus and any menses or midcycle spotting
5. If charting is stressful, make it a couples process. I recommend that the female partner take her temperature, and her partner record the temperature on the chart

This chart can be done on paper or online at fertilityfriend.com and emailed to me directly.

Enjoy this process of getting to know how your body works!