

BASAL BODY TEMPERATURE TRACKER

NAME:

Using a digital thermometer take your temperature under the tongue on waking, before getting out of bed. Record your temperature in the chart below by marking "x" in the box, or in your smart phone and add the results into the chart later. Record your temperature for **each day of the month**, preferably at the same time of day.

Date	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Time	7:30	7:45	8:00	8:15	8:30	8:45	9:00	9:15	9:30	9:45	10:00	10:15	10:30	10:45	11:00	11:15	11:30	11:45	12:00	12:15	12:30	12:45	13:00
37.3																							
37.2																							
37.1																							
37.0																							
36.9																							
36.8																							
36.7																							
36.6																							
36.5																							
36.4																							
36.3																							
36.2																							
36.1																							
36.0																							
35.9																							
35.8																							
35.7																							
35.6																							
35.5																							
35.4																							
35.3																							
35.2																							
35.1																							
35.0																							
34.9																							

Discharge →

HAIR

HOURLAYS + FORGET THERMOMETER

BROKEN SLEEP



orthople

Return this tracker to your practitioner at your next appointment.