

Basal Body Temperature (BBT) Chart

Month: _____

Plot your BBT as a dot on the graph for each day in your menstrual cycle. Connect the dots with a line from day to day so you can see a pattern. The pattern may vary from cycle to cycle, but over time you will begin to see when you tend to ovulate.

After ovulation, you'll see a spike in your temperature ranging between .5 and 1.6 degrees. You are most fertile 2 to 3 days before you ovulate and for about 12 to 24 hours after ovulation.

Day of Month

