Basal Body Temperature (BBT) Chart

Month :_____

PHARMACEUTICAL COMPOUNDING

** Refer to your medical advisor if temperature elevates above this line (36.75°C) when using whole thyroid*

	Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Temp																																
°C	°F																															
37.30	99.10																															
37.25	99.05																															
37.20	99.00																															
37.15	98.90																															
37.10	98.80																															
37.05	98.70																															
37.00	98.60																															
36.95	98.50																															
36.90	98.40																															
36.85	98.30																															
36.80	98.33																															
36.75 *	98.20																															
36.70	98.10																															
36.65	98.00																															
36.60	97.90																															
36.55	97.80																															
36.50	97.70																															
36.45	97.60																															
36.40	97.50																															
36.35	97.40																															
36.30	97.30																															
36.25	97.25																															
36.20	97.20																															
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36.00	96.80																															
35.95	96.70																															
35.90	96.60																															
35.85	96.50																															
35.80	96.40																															
35.75	96.35																															
35.70	96.30																															

MEASURING BASAL TEMPERATURE

- Immediately upon wakening (moving around will affect your temperature) lift arm slightly to place the mercury bulb of the thermometer snugly up into the armpit then re-close arm to hold it in place. Keep as still as possible for **10 minutes** by the clock.
- After 10 minutes, record your temperature with a dot or an 'x' on the chart.
- **Women:** As basal temperature varies with the phases of the menstrual cycle the test should be made on the second to the sixth day of menstruation. After menopause or before puberty temperature can be measured on any day.
- **Children and Men:** Measure on any day of the month. In very young children rectal temperature is taken over two minutes.
- Oral temperature measurement can be misleading as a respiratory infection or sinusitis will elevate oral temperature while the rest of the body may be normal or below normal.
- Do not drink alcohol the night before taking your basal temperature
- **Caution:** Do not break thermometer or run under tap water.