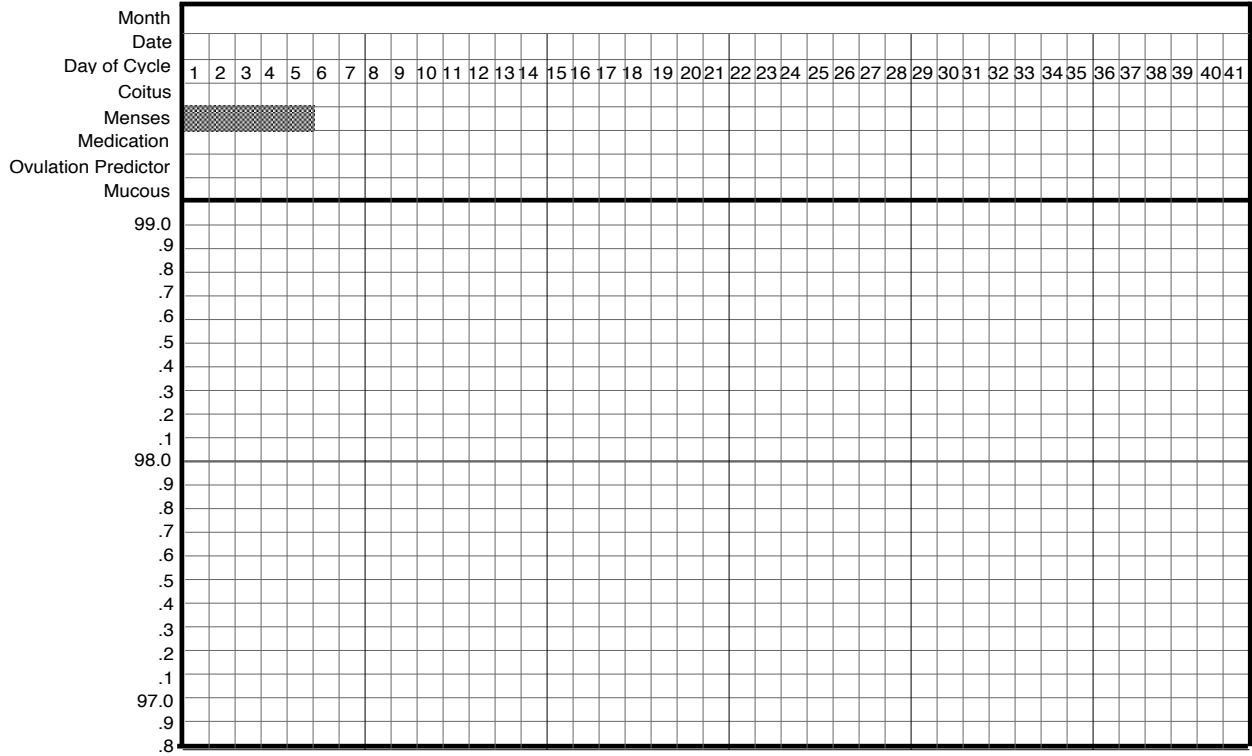
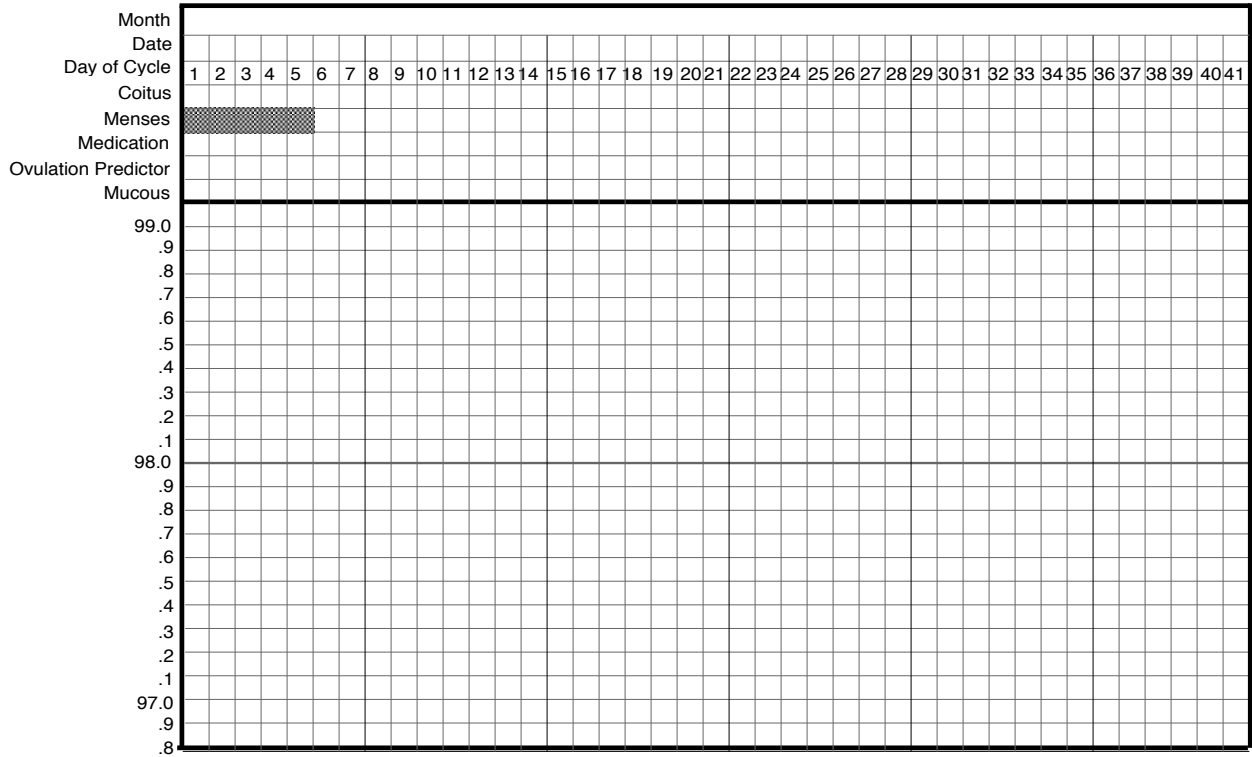


Women's Ob-Gyn Group BBT Chart



## Women's Ob-Gyn Group BBT Chart

### BBT Instructions

1. Use an accurate thermometer, which shows tenths of degrees.
2. Begin charting on day 1 of the cycle (the first day of your menstrual period).
3. Take your temperature each morning immediately after waking, before arising, eating, drinking, smoking or any other activity. Record your temperature as a dot.
4. Also indicate, in the appropriate spaces, intercourse, medication, ovulation predictor results and pre-ovulatory cervical mucous changes (+ for clear, watery mucous, - for thick or no mucous).
5. The BBT chart does not predict ovulation, it records when ovulation did happen. Ovulation is presumed to have happened if there is a temperature rise of 0.5 degrees or more over a 24-48 hour period. For conception, intercourse should be timed to take place at least every 36-48 hours beginning 3-4 days before ovulation, and up to the day of ovulation.
6. The luteal phase is defined as the time period from ovulation until menses. The temperature rise during the luteal phase should last at least 12 days, and the length of the luteal phase should be 14 days. If the temperature falls at the end of the luteal phase, menses will start the next day or so. If you are pregnant, your basal body temperature will remain at the luteal phase levels.
7. Start a new chart when the menstrual period begins.