

# Using Your Basal Body Temperature Chart

## Why we track basal temperature

Waking temperature, also known as basal body temperature, can be used as a physical sign of ovulation. Before ovulation, waking body temperature is about 36.1 - 36.5C. Once ovulation has occurred, your body temperature will rise to 36.4 - 37C. Progesterone is the reproductive hormone that is produced post ovulation and causes a rise in body temperature. A few consecutive days of a small but significant rise in your body temperature tells us that you have ovulated.

## How to chart your temperature

### You'll need

- A basal body thermometer that measures to at least 1 decimal place (eg 36.5C).
- A tracking chart OR if you're using a period tracker app, you may be able to enter your temperature. See our suggestion below.

### How to check your temperature

- Every morning upon waking, **before getting out of bed or eating/drinking**, place your thermometer **under your tongue**.
  - If using a nondigital thermometer your temperature should be taken for 3 minutes. For a digital thermometer, follow the manufacturer's instructions.
- Record your temperature on your chart or app.
- Repeat every morning, even during menstruation.
- Begin a new chart day 1 of your cycle. Day 1 being the first day of your period.

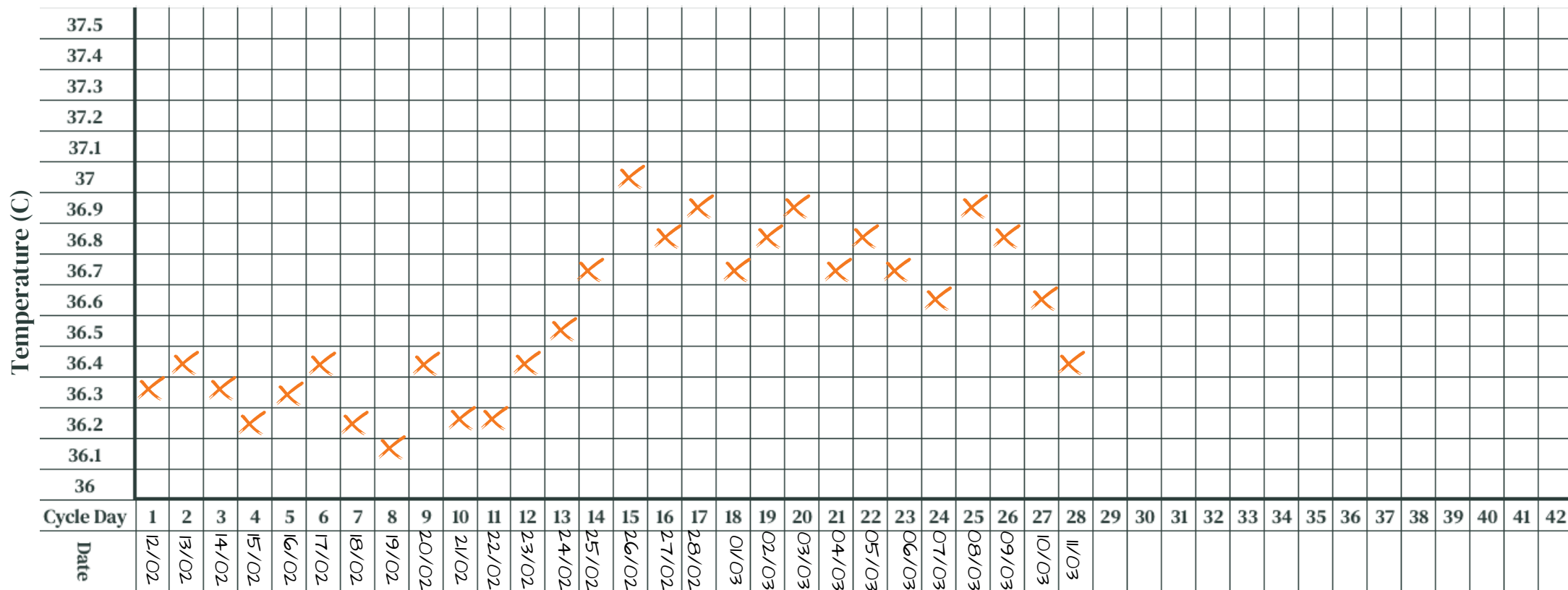
### We recommend

- [Surgipack Digital Ovulation Thermometer](#), available from Chemist Warehouse
- [Clue period tracking app](#)
- [Natural Cycles app](#)
- [Daysy](#).

**EXAMPLE OF USE**

# Basal Body Temperature Chart

Month: Feb - March Year: 2021



**Notes:**

Low mood from day 18  
 Sugar cravings started day 21  
 Sore boobs from day 21 - 26  
 Spotted day 26  
 Light cramping started day 27





# Basal Body Temperature Chart

Month: \_\_\_\_\_ Year: \_\_\_\_\_

Temperature (C)	Cycle 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	32	33	34	35	36	37	38	39	40	41	42																		
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