

# BASAL BODY TEMPERATURE CHART

DATE: From \_\_\_\_\_ To \_\_\_\_\_

TEMPERATURE		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		
°F	°C																																						
99.5	37.50																																						
99.32	37.40																																						
99.14	37.30																																						
98.96	37.20																																						
98.78	37.10																																						
98.6	37.00																																						
98.42	36.90																																						
98.24	36.80																																						
98.06	36.70																																						
97.88	36.60																																						
97.7	36.50																																						
97.52	36.40																																						
97.34	36.30																																						
97.16	36.20																																						
96.98	36.10																																						
96.8	36.00																																						
96.62	35.90																																						
96.44	35.80																																						
96.26	35.70																																						
96.08	35.60																																						
95.9	35.50																																						
95.72	35.40																																						
95.54	35.30																																						
95.36	35.20																																						
95.18	35.10																																						
95	35.00																																						
DAY OF THE MONTH																																							
DAY OF THE WEEK																																							
SEXUAL INTERCOURSE																																							
CERVICAL MUCUS																																							
PERIOD																																							