Take temperature orally after 3-4 hours of unbroken rest. Take around the same time each day. Use a .2 decimal point thermometre

BBT Charts

Month _____

Date																																						
37.4																																						
37.3																																						
37.2																																						
37.1																																						
37																																						
36.9																																						
36.8																																						
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36.6																																						
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36.4																																						
36.3																																						
36.2																																						
36.1																																						
36																																						
35.9																																						
35.8																																						
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
sexy time																																								
Bleeding																																								
Cevical mucous																																								
Breast changes																																								
Abdomen pain																																								
Other S+S																																								