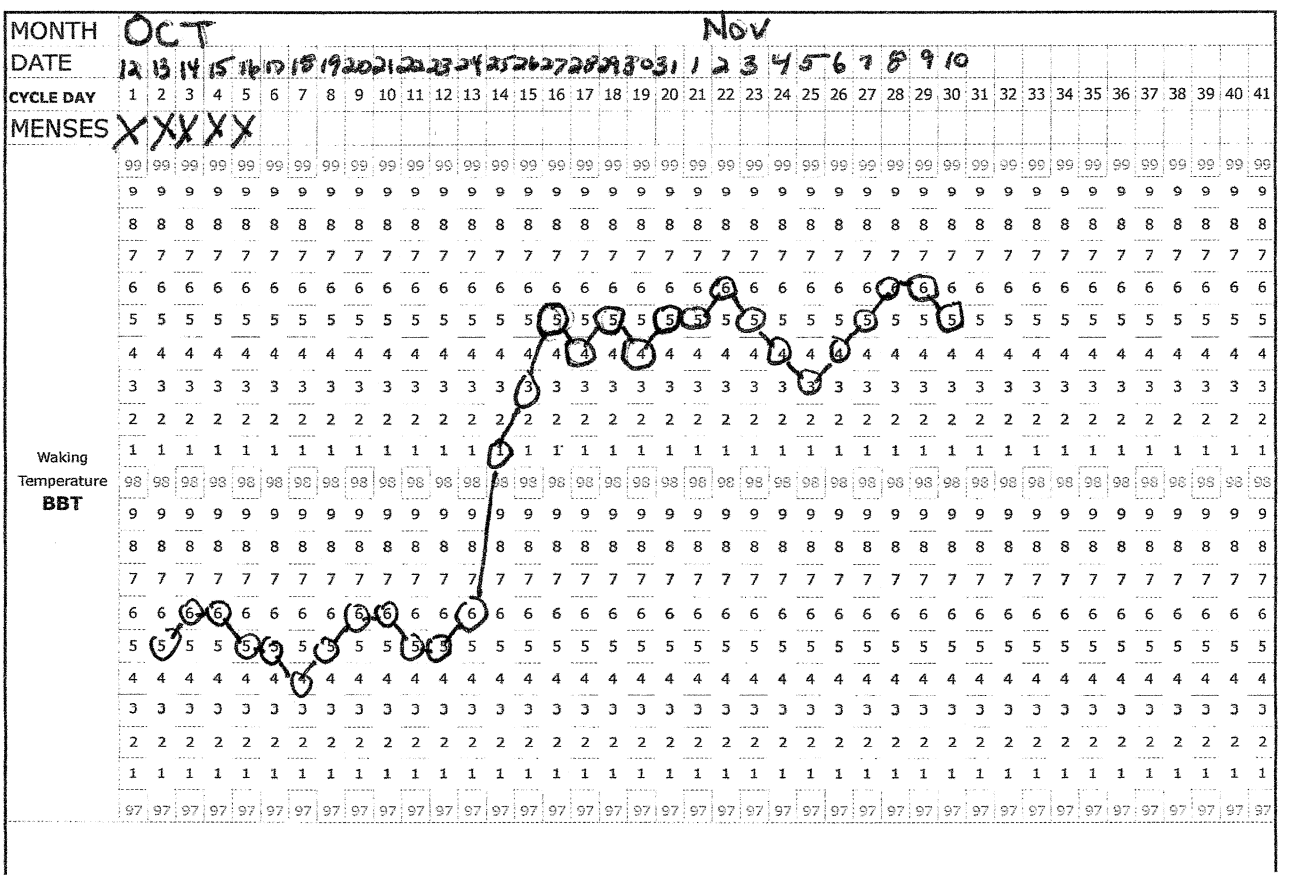
BBT
BASAL BODY TEMPERATURE

The temperature taken first thing in the morning after you waken from a full nights rest is call your Basal Body Temperature (BBT). That temperature taken daily and then graphed, can be a good indicator of whether you ovulated and the quality of that ovulation. It can also be used to monitor your response to treatment.
INSTRUCTIONS:

1) Cycle Day #1 is always the first day of bleeding. Once your menstrual period begins, fill in the "Month" and "Day" blanks on the graph.
2) Put an "X" in the "Menses" blanks the days you have a menstrual period. Leave the other "Menses" blanks empty.
3) Take your temperature daily, first thing in the morning before eating and before physical activity.
4) Circle the temperature in the column of the day the temperature was taken.
5) Connect the circles to get a graph.
6) Start a new graph when your next menstrual period begins. This would be a new cycle day #1.

An example of a BBT chart is attached below. In addition, blank BBT charts are attached for your use.



RANDY SMITH MD FAX: 979-693-7442

NAME:	PHONE:

MONTH																																									
DATE																																									
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
MENSES																																									
	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99
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MONTH																																									
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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
MENSES																																									
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