



## Basal Body Temperature

Use a **“Basal Digital Thermometer”**

These can be purchased at any Pharmacy and online

Instructions:

- In the morning before you get out of bed, place the thermometer in your **armpit** for about 5-7 minutes until it beeps.
- It is important that you remain in bed and as quiet and relaxed as possible for this time period.
- Record the temperature on the chart below.
- Women should also record where they are in their menstrual cycle. See below.

Day 1 _____	(For women...)
Day 2 _____	_____ Menstruating
Day 3 _____	_____ First half of cycle
Day 4 _____	_____ Second half of cycle
Day 5 _____	
Day 6 _____	
Day 7 _____	

***Patient Name:*** \_\_\_\_\_

Normal underarm temp. > 97.8

***Bring to next appointment***