

Basal Metabolic Temperature Graph

Date							
Day	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Temp							
100.0							
99.9							
99.8							
99.7							
99.6							
99.5							
99.4							
99.3							
99.2							
99.1							
99.0							
98.9							
98.8							
98.7							
98.6							
98.5							
98.4							
98.3							
98.2							
98.1							
98.0							
97.9							
97.8							
97.7							
97.6							
97.5							
97.4							
97.3							
97.2							
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97.0							
96.9							
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95.3							
95.2							
95.1							
95.0							

Taking Your Basal Temperature

1. Take your basal body temperature (BBT) first thing in the morning before you get out of bed or even speak -- leave your thermometer at your bedside within easy reach so you don't have to move much to get it. With a glass thermometer, make sure you shake it down before going to bed. Try to use a glass thermometer as these are much more accurate.
2. Try to take the temperature at as close to the same time each day as possible. The normal variation is by up to .2 degrees per hour -- lower if you take your temperature early, higher if you take it late.
3. It is best to take your BBT after a minimum of 5 hours sleep, if possible. If not indicate which nights were less than 5 hours straight.
4. You can take your temperature orally or under your arm as long as you do not sleep with your arms up. -- just stay with the same method for the entire cycle.
5. Take about 7 days in a row, it is ok if you accidentally skip one or two, but the pattern is helpful.
6. Amazon has non-mercury glass thermometers: GERATHERM is a common manufacturer.

DO NOT THROW OUT THE WHITE FLICKER!

(if you get one, it helps to shake down the thermometer)

If you do not get a plastic flicker tool, put the thermometer in a clean sock with the mouth part down at the toe of the sock. Then grab the sock just above the thermometer and flick it back and forth to shake down the indicator fluid to less than 96 degrees.