Basal Body Temperature Tracker (Celcius)

Directions:

1. Using a digital thermometer (Celcius) which measures to one decimal place (0.1), take your temperature under the tongue on waking, *before* getting out of bed or interacting with your partner. Refer to your particular thermometer's instructions regarding optimal use.
2. Record your temperature in the chart below, or in your smart phone and add the results into the chart later.
3. Make a note of your temperature for at least 3 consecutive mornings, preferably at the same time of day.

Date									
37.3									
37.2									
37.1									
37.0									
36.9									
36.8									
36.7									
36.6									
36.5									
36.4									
36.3									
36.2									
36.1									
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