

BBT Pregnancy Chart

BBT PREGNANCY CHART

Name: _____ Age: _____

Key: Cycle Day: The day of your menstrual cycle. Date: The date of the cycle day. BBT (Fahrenheit): Your basal body temperature measured in Fahrenheit. Time: The time you took your temperature (morning, before getting out of bed). Notes: Any additional notes, such as changes in routine, illness, or other relevant information.

Instructions: Measure your basal body temperature at the same time every morning before getting out of bed. Record your temperature accurately. Make notes about any factors that may affect your temperature (e.g., illness, disrupted sleep).

Cycle Day: _____ Date: _____ dd / mm / yyyy

BBT (Fahrenheit): _____ Time: _____

Notes