BASAL BODY TEMPERTURE CHART

NAME _____

DATE _____

Temp℃ (℉)																														
38.0 (100.4)																														
37.8 (100.0)																														
37.6 (99.7)																														
37.4 (99.3)																														
37.2 (99.0)																														
37.0 (98.6)																														
36.8 (98.2)																														
36.6 (97.9)																														
36.4 (97.5)																														
36.2 (97.2)																														
36.0 (96.8)																														
35.8 (96.4)																														
35.6 (96.1)																														
35.4 (95.7)																														
35.2 (95.4)																														
35.0 (95.0)																														
	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

Days of the month

Special notes:_____

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