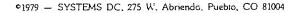
BASAL TEMPERATURE CHART

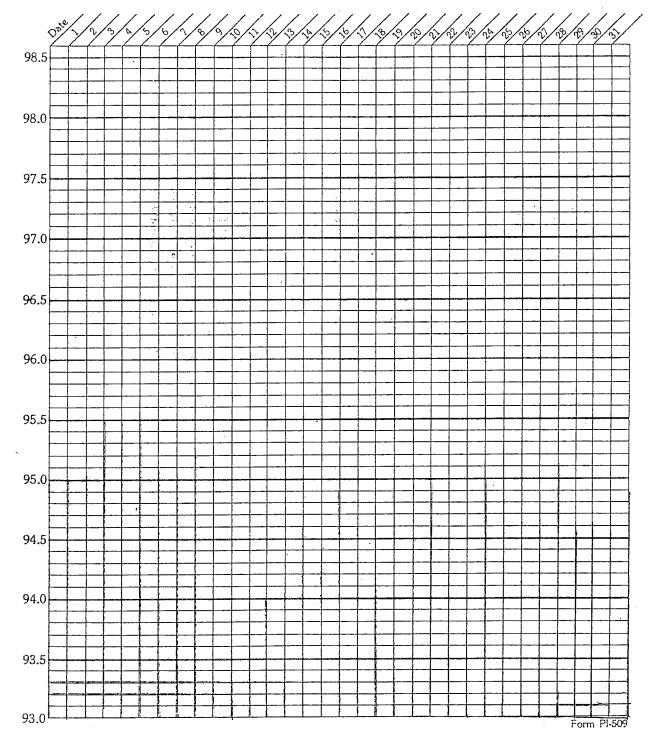
Case No
Name
Date
Date Started
Date Ended

DIRECTIONS

- 1. Shake down your thermometer and put it on your nightstand close to your bed.
- 2. Before getting up in the morning, put the thermometer in your armpit touching the skin. Keep it there for 10 minutes; minimize movement.
- 3. After 10 minutes read the temperature and record it on the chart.
- 4. Indicate the first and last days of your menstrual cycle (If applicable).
- 5. If a day is skipped for any reason during the month of charting, note it on the chart.
- 6. Start recording in the column under the date you actually begin to use the chart.



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