Taking your Basal Body Temperature (BBT)

1. Start taking your temperature on the 1st day of your period. This is called Cycle Day 1.
2. Take your temperature first thing in the morning before you get out of bed, talk, eat or drink.
3. Take your temperature at the same time each day.
4. Record your temperature every day on the Basal Body Temperature chart.
5. If you start your period, start a new chart.

If you do not have a basal body thermometer...

You can buy one at a grocery or drug store.
Use a digital thermometer instead.
If you have a glass thermometer, shake it down before going to bed.

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Talk to your doctor or health care team if you have any questions about your care.

For more health information, go to patienteducation.osumc.edu or contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.

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### Basal Body Temperature

| Month & Year | 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 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 |
|-------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Time of taking temperature | .1 | .2 | .3 | .4 | .5 | .6 | .7 | .8 | .9 | 1.0 | 1.1 | 1.2 | 1.3 | 1.4 | 1.5 | 1.6 | 1.7 | 1.8 | 1.9 | 2.0 | 2.1 | 2.2 | 2.3 | 2.4 | 2.5 | 2.6 | 2.7 | 2.8 | 2.9 | 3.0 | 3.1 | 3.2 | 3.3 | 3.4 | 3.5 | 3.6 | 3.7 | 3.8 | 3.9 | 4.0 | 4.1 | 4.2 | 4.3 | 4.4 | 4.5 |
| Circle day of intercourse | 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 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 |

### Tips for taking a BBT

- Keep it in easy reach of the bed so you don’t have to move much to take it each day.
- Get at least 5 hours of rest before taking your temperature.
- Take it at the same time every day. Set an alarm to help you remember.