**BASAL BODY TEMPERATURE RECORD**

**Instructions for Completing Graph**

1. **Date of Month.** Write down date in space provided.
2. **Coitus.** Indicate days of coitus (intercourse). Put a down pointing arrow (↓) in the space provided.
3. **Menstruation.** The first day of menstrual flow is considered to be the start of a cycle. Indicate each day of flow by blocking the square indicated (o) on the graph. Start at the extreme left under the first day of cycle.
4. **Medication.** Write an (x) if you are taking any medication.
5. **Temperature.** Record temperature reading on the graph by placing a dot.
   a. Each morning, upon awakening, but before you get out of bed. Place thermometer under tongue for at least two minutes. Do this even during menstruation (monthly bleeding). Be sure not to eat, drink or smoke before taking temperature.
   b. Any reasons for temperature variation such as cold, infection, insomnia, indigestion, etc. should be noted on the graph above the reading for the day.
6. In some women, ovulation may be accompanied by a twinge of pain in the lower abdomen. If you notice this, indicate the day it occurred on the graph.
7. Start new cycle on next graph

**Example:**

| Days of Cycle | 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 |
|---------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Coitus        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Menstruation  |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| Medication    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

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