

Lowey Chiropractic Wellness Center

Basal Temperature Chart

Name: _____

Date Started: _____

Directions:

1. Shake down your thermometer and put it on your nighstand 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.

