



BASAL BODY TEMPERATURE CHART

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Taking Your Basal Body Temperature.

Your body temperature reflects your metabolic rate, which is largely determined by hormones secreted by the thyroid gland. All that is needed is a thermometer.

1. If using a non-digital thermometer, shake the thermometer to below 35°C and place it by your bed before going to sleep at night.
2. On waking, place the thermometer in your armpit for a full 10 minutes. It is important to make as little movement as possible. Lying and resting with your eyes closed is best. Do not get up until the 10 minute test is complete. (Digital thermometers await the beep to show temperature recording is complete.)
3. After 10 minutes, read and record the temperature and date.
4. Record the temperature for at least three mornings in a row (preferably at the same time of day). Menstruating women must perform the test from the second, third and fourth day of menstruation onwards. Men and post-menopausal women can perform the test on any days.