

**Instructions**

- The first morning of menstrual bleeding (not spotting) is the start of each cycle. Indicate menstruation with an **X** on the chart, starting on day 1 of cycle. If spotting occurs mark this with a **✓** (see sample chart).
- Insert date of month in space provided
- Use any centigrade thermometer. A digital thermometer may be easier to read.
- Each morning, before getting out of bed or eating/drinking, place your thermometer under your tongue. If using a nondigital

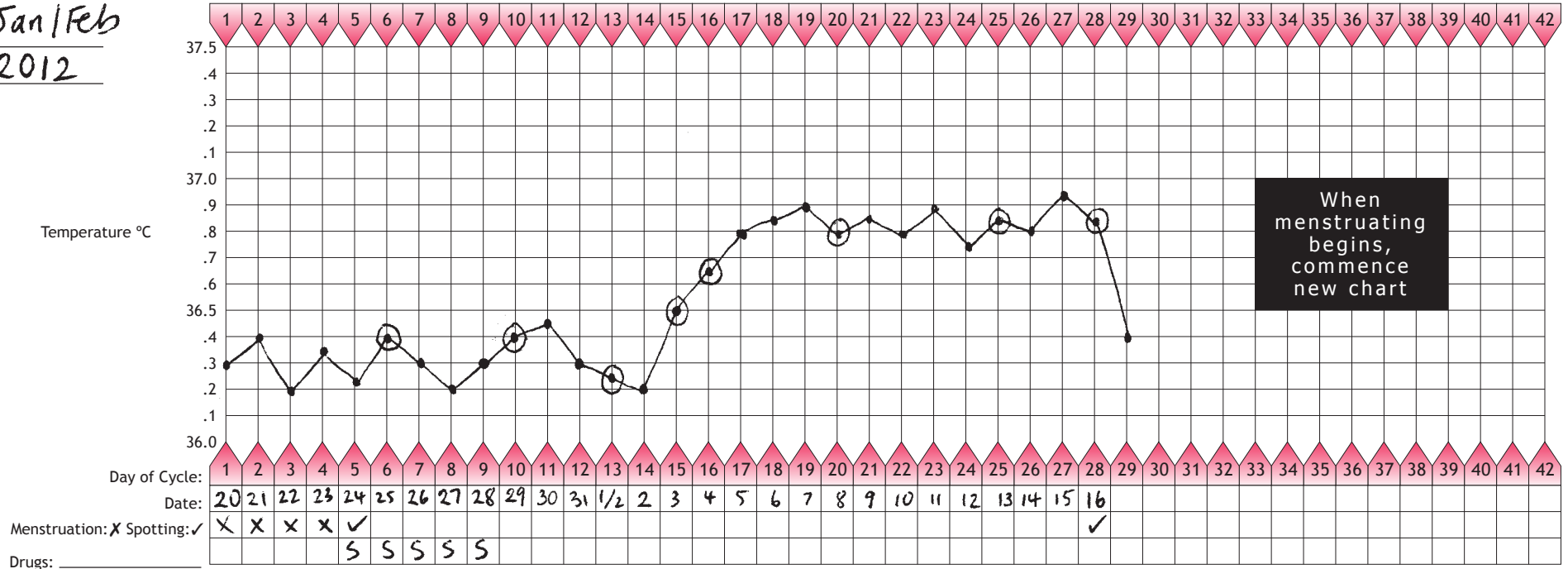
- thermometer your temperature should be taken for 3 minutes. Do this every morning even during menstruation
- Record your temperature reading on the chart by placing a dot at the intersection of the appropriate temperature and date lines. Join the dots with a straight line (see sample chart).
- On the chart, mark the days you had intercourse by circling the temperature dot (see sample chart).
- It is important to start a new chart on the day menstrual bleeding begins.

**Additional Information**

- Your doctor may order a blood test for serum progesterone to confirm ovulation. This is best done 7 days after your temperature rises.
- Your temperature chart is an indirect predictor that cannot confirm the exact day of ovulation. It is useful after the event has occurred.
- Intercourse can take place at any time during the cycle, but at least every second day during the fertile phase. Over a number of cycles a pattern of your fertile time may become more apparent.

**SAMPLE CHART**

Month: Jan/Feb  
 Year: 2012



When menstruating begins, commence new chart