Basic Body Temperture Name of Patient:_____ Dare:_____

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	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
Date of Month																																														
Coitus																																													
Menses																																													
Medication																																													
99° F	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09
0.8	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87
0.6	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65
0.4	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43
0.2	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21
98° F	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09
0.8	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87
0.6	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65
0.4	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43
0.2	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21
97° F	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09
0.8	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87	87
0.6	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65	65
0.4	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43	43
0.2	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21	21
96° F	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09	09
Acupuncture Day																																													
Ovulating Test																																													
Intercourse Day																																													
PG Test Day																																													