BBT Pregnancy Chart

Name: Cecillia Hammond Age: 27

Key:

- Cycle Day: The day of your menstrual cycle.
- Date: The date of the cycle day.
- BBT (Fahrenheit): Your basal body temperature measured in Fahrenheit.
- Time: The time you took your temperature (morning, before getting out of bed).
- Notes: Any additional notes, such as changes in routine, illness, or other relevant information.

Instructions:

1. Measure your basal body temperature at the same time every morning before getting out of bed.
2. Record your temperature accurately.
3. Make notes about any factors that may affect your temperature (e.g., illness, disrupted sleep).

Cycle Day	Date	BBT (Fahrenheit)	Time	Notes
1	01/01/2023	97.5	7:00	
2	01/02/2023	97.6	7:15	
3	01/03/2023	97.6	7:10	
4	01/04/2023	97.7	7:05	
5	01/05/2023	97.8	7:20	
6	01/06/2023	97.9	7:30	
7	01/07/2023	98.0	7:25	
8	01/08/2023	98.1	7:!5	
9	01/09/2023	98.0	7:10	
10	01/10/2023	98.2	7:20	

11	01/11/2023	98.3	7:30	
12	01/12/2023	98.4	7:25	
13	01/13/2023	98.5	7:15	
14	01/14/2023	98.6	7:10	
15	01/15/2023	98.7	7:20	
16	01/16/2023	98.6	7:30	
17	01/17/2023	98.8	7:25	
18	01/18/2023	98.9	7:15	
19	01/19/2023	99.0	7:10	Light exercise yesterday
20	01/20/2023	99.1	7:20	
21	01/21/2023	99.0	7:30	
22	01/22/2023	99.2	7:25	
23	01/23/2023	99.3	7:15	
24	01/24/2023	99.4	7:10	Stressful day at work
25	01/25/2023	99.5	7:20	
26	01/26/2023	99.6	7:30	
27	01/27/2023	99.5	7:25	
28	01/28/2023	99.7	7:15	Positive OPK today