BBT Pregnancy Chart

Name:	Age:
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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

