## **Triphasic BBT Chart**

User Information		
Name:	Cycle Length:	
Cycle Start Date:	Date of Last Period:	

## Daily Tracking

Record your basal body temperature (BBT) each morning immediately after waking and before physical activity. Use a digital basal thermometer for accuracy. *(Continue the table for the entire cycle or as needed.)* 

Date	<b>BBT</b> (°F/°C)	Time Taken	Cycle Day	Notes (Mood, Symptoms, etc.)

Phase Insights			
Note the phase of your cycle each day based on BBT readings and other signs (e.g., cervical mucus).			
1. Follicular Phase (Pre-Ovulation)			
2. Luteal Phase (Post-Ovulation)			
3. Triphasic Pattern (If observed)			
Interpretation			

Monitor these phases to understand your cycle better, identify ovulation, and detect early signs of pregnancy.		
1. Triphasic Pattern Observed	□ Yes □ No	
2. Potential Pregnancy Indicator	□ Yes □ No	
3. Consult Healthcare Provider	🗆 Yes 🗆 No	

Additional Comments				
1. User Observations				
2. Symptoms of Note				
3. Additional Factors				