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.)

(Continue the table for				
Date	BBT (°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 (e.g., cervical mucus).	other signs	
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 ovula signs of pregnancy.	tion, and det	ect early
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			