

Record Temp at 10am - 1 pm - 4 pm
3-4 minutes under tongue

Basal Temperature Monitoring Chart
Oral - 3 per day

_____ Name

Day	sample	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
Date	25/4																				
Celcius																					
37.30																					
37.25																					
37.20																					
37.15																					
37.10																					
37.05																					
37.00																					
36.95																					
36.90																					
36.85	✘																				
36.80																					
36.75																					
36.70																					
36.65																					
36.60																					
36.55																					
36.50	✘																				
36.45																					
36.40																					
36.35																					
36.30	✘																				
36.25																					
36.20																					
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35.80																					
35.75																					
35.70																					
35.65																					
35.60																					
35.55																					
35.50																					
Dosage																					
W/T																					
T4																					
T3																					
Comments																					