Taking your Basal Body Temperature

On waking, before getting up, place the thermometer under your tongue. It is important to make as little movement as possible. Lying and resting with your eyes closed is best.

Wait until the thermometer beeps four times (up to 90 seconds), then remove it and record the temperature in the daily diary.

Record the temperature for at least three mornings – preferably at the same time of day and always before getting out of bed.

Women with a menstrual cycle must perform the test on the days between the second and ninth days after starting the period.

Date:									
Day of cycle:									
37.5									
37.4									
37.3									
37.2									
37.1									
37.0									
36.9									
36.8									
36.7									
36.6									
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