

Women's Health Center of Southern Oregon, P.C.

YOUR NAME: _____

DOB: _____

Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36							
Date																																											
Day of Week																																											
Time Temp Taken																																											
Basal Temp	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99	99						
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	Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36						
	Cervical Fluid																																										
Peak Day																																											
Ovarian Pain																																											
Describe Cervical Fluid																																											
Cycle Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36							
Intercourse																																											

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Fertility Monitoring Chart INSTRUCTIONS

Type of Thermometer:

Use a basal body digital thermometer or a mercury basal body thermometer. If you do not already have a mercury basal body thermometer, it may be hard to find since it is no longer being manufactured.

Procedure:

Mercury basal body thermometer: Shake down the thermometer before you go to bed at night and put it on your bedside stand. As soon as you wake up in the morning (*before* you get out of bed and move around), put it under your tongue for 3 to 5 minutes.

Digital basal body thermometer: As soon as you wake up in the morning (*before* you get out of bed and move around) take your temperature.

Charting Instructions:

Cycle Day: The very first day of your period is "Cycle Day #1." An average cycle lasts 28 days, however some women have cycles that last for longer or shorter periods of time. Fill in the **Date & Day of Week** columns accordingly.

Time Temp Taken: Mark the time of day that your temperature was taken. You should take your temp as soon as you wake up in the morning, as described above.

Basal Temp: Record your temperature on the chart by circling the appropriate temperature reading.

Cervical Fluid: During the 5 to 6 days before ovulation the cervix and uterus secrete a thin, clear, slippery and stretchy mucous. Mark a "+" for the days you note this mucous.

Peak Day: This is the day after any discharge is noted. Mark this day with an "X."

Ovarian Pain: Some women notice a "twinge" or a slight pain when they ovulate. Mark and "X" in the box for any day you have ovarian pain.

Describe Cervical Fluid: Please note the color, consistency, etc. of your cervical fluid.

Intercourse: Place an "X" in the box for any day that you engage in sexual intercourse. Conception possibility is best starting 5 days before ovulation and lasts until the day of ovulation.

If your temperature remains elevated two weeks post-ovulation, do a home pregnancy test. If the test is positive, contact our office to arrange prenatal care.