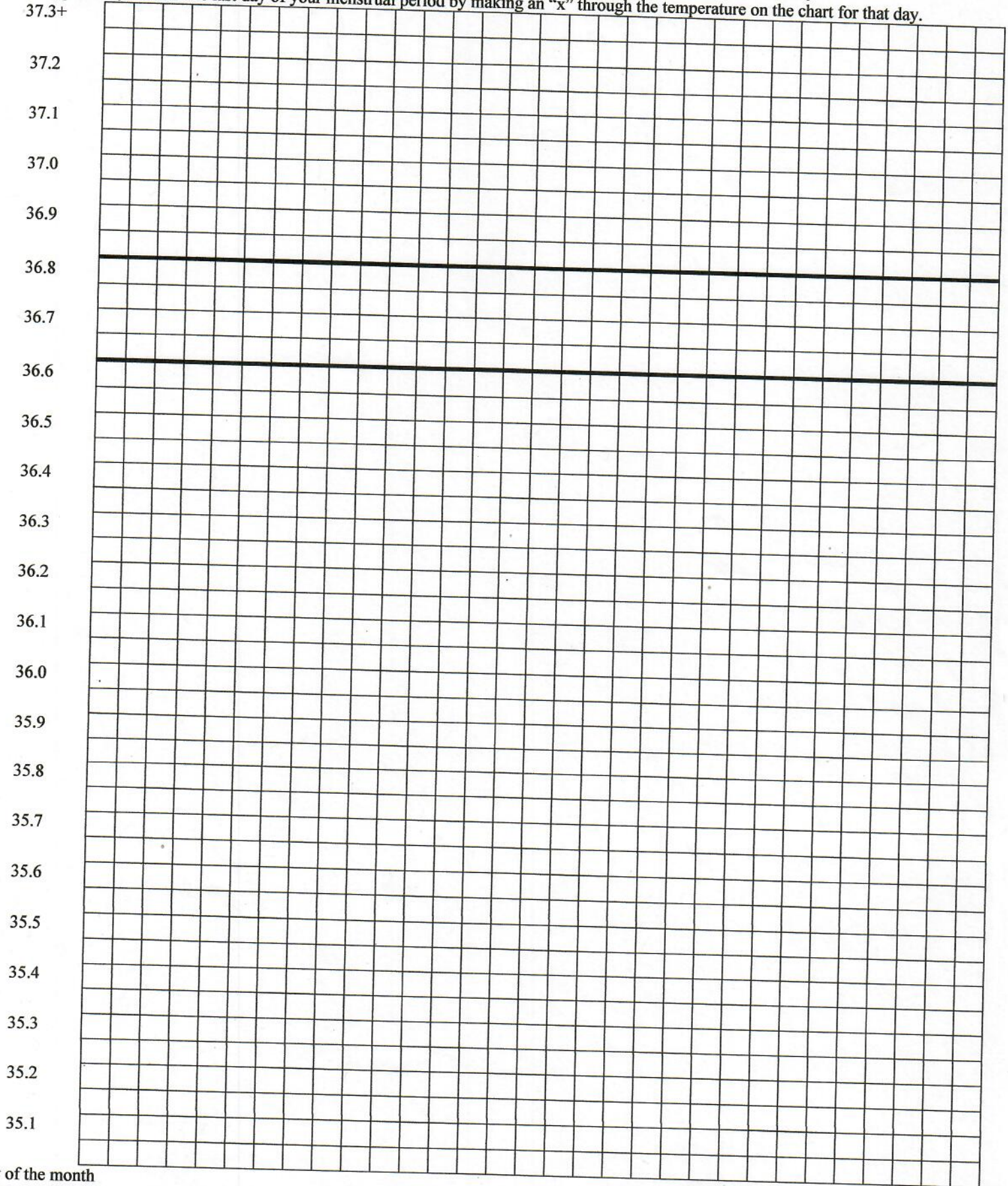


BASAL TEMPERATURE CHART FOR: _____

SHEET NO.: _____

1. Please take your temperature in your mouth 3 hours after waking.
2. Record the temperature on your chart.
3. If applicable, indicate the first day of your menstrual period by circling the temperature on the chart for that day.
4. If applicable, indicate the last day of your menstrual period by making an "x" through the temperature on the chart for that day.



Day of the month
Starting date