HEALTHY LIVING™

Healthy Living® Basal Temperature Chart

CYCLE DAY

TEMPERATURE (°F)	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	37	38	39	40
99.0																																								
98.9																																								
98.8																																								
98.7																																								
98.6																																								
98.5																																								
98.4																																								
98.3																																								
98.2																																								
98.1																																								
98.0																																								
97.9																																								
97.8																																								
97.7																																								
97.6																																								
97.5																																								
97.4																																								
97.3																																								
97.2																																								
97.1																																								
97.0																																								
96.9																																								
96.8																																								
96.7																																								

OBSERVATIONS

CF																																								
SI																																								
OS																																								

CF - Cervical Fluid
D: Dry; S: Sticky; E: Eggwhite consistency; W: Wet; M: Menstrual period

SI - Sexual Intercourse

OS - Other Symptoms
P: Pain; B: Breast distention; S: Spotting/Bleeding; E: Emotional

MONTH & DATE:

TEMPERATURE Taken Regularly at: AM PM

Questions for Doctor

Comments & Observations

** Please feel free to make copies of this chart, or download from www.SAMSUNGHealthyLiving.com/pdf/chart.pdf.*