HEALTHY LIVING™

Healthy Living® Basal Temperature Chart

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	37	38	39	40

TEMPERATURE (°F)

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																																							

Questions for Doctor

Comments & Observations

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

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