

Charting Your Basal Body Temperature

Fertility charting provides important insight into your reproductive health by helping you determine if, and when, you are ovulating and which days of your cycle you are fertile.

Your basal body temperature (also called your waking temperature) is your body's temperature while you are resting. Before ovulation occurs, your basal body temperature (BBT) will be relatively low. Immediately following ovulation, your body begins to produce the hormone progesterone, which has a warming effect on your body and causes your BBT to increase.

This temperature shift is very subtle, usually less than .5 degrees, but by charting your waking temperature daily throughout your cycle, you will be able to determine when ovulation occurred and if the hormones responsible for menstruation are fluctuating properly.

What you need:

- Digital Basal Body Temperature Thermometer
 - Can be purchased online or at a drug store
- Place to plot your temperatures
 - We can provide a graph OR you can use an app such as Fertility Friend on your phone

How to check:

- Take your temperature at approximately the same time each day, immediately upon waking, and before you get out of bed. Temperatures will be most accurate after at least 5 hours of uninterrupted sleep.
- Enter your temp into your charting app or graph.

Other signs to track on chart:

1. Cervical mucus

Cervical mucus production is regulated by the hormone estrogen. The consistency and quantity of cervical mucus changes throughout your menstrual cycle. Immediately following your period, cervical mucus production is low, and many women describe themselves as dry. As you move through your cycle, and estrogen begins to build, you will likely see more cervical mucus and it might have a "creamy" appearance.



Once ovulation is imminent, estrogen surges, which causes the consistency of your cervical mucus to become slippery and stretchy, resembling egg whites. This egg-white cervical mucus is called fertile quality mucus, and it plays an important role in fertility as both a predictive sign of ovulation and also as a substance to protect sperm as it travels through the reproductive tract.

If you lack fertile quality cervical mucus, it might be difficult for you to conceive, as your partner's sperm depend on this mucus to facilitate a speedy transport from your vagina to your Fallopian tube to fertilize the egg.

2. Intercourse
3. Breast Tenderness
4. Digestive Changes
5. Bloating
6. Cramping
7. Spotting or Bleeding
8. Sex Drive
9. Mood Changes such as irritability
10. High Stress
11. Lack of Sleep

Tracking every sign above is not required, but the more information is gathered, the more accurately we can understand your cycle and optimize for fertility.