

Basal Body Temperature Chart (BBT)

Use this BBT chart to screen for hypothyroidism:

- 1 Take your armpit temperature for 10 minutes first thing in the morning before you get out of bed using a mercury thermometer.
- 2 Record the temperature on the chart using a dot. Connect the dots with a line to view the trend in temperature.
- 3 Indicate the first day of your menstrual period with a circle or different colour.
- 4 Indicate the last day of your menstrual period with a triangle or different colour.

Your temperature will usually rise during the last 2 weeks of your period.

A normal temperature falls between 36.6 and 36.8°C or 97.8 and 98.2°F.

If your temperature is consistently lower than this, then you may have an underactive thyroid, underactive adrenals, low progesterone levels, low iron levels, or a combination of these factors.

BBT Chart Starting Date: 38 100.4 100.2 100 99.86 99.68 99.5 99.32 37.3 99.14 98.96 37.2 37.1 98.78 37 98.6 36.9 96.42 98.24 98.06 97.88 36.5 97.7 36.4 97.52 97.34 97.16 36.1 96.98 96.8 96.62 96.44 96.08 95.9 95.72 95.54 95.36

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