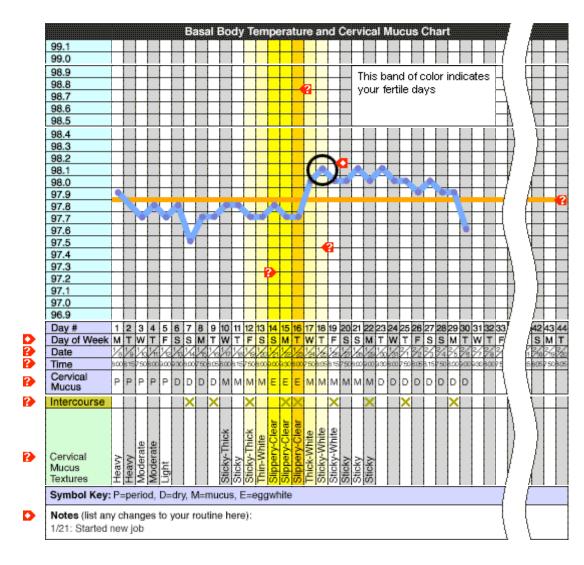
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Charting Your Basal Body Temperature

Looking for a cheap, low-tech way to pinpoint your fertile time? Experts say the best way to detect ovulation is to combine a daily reading of your basal body temperature (your temperature when you first wake up in the morning) with monitoring the texture of your cervical mucus. Chart your cycle for a few months so you can recognize your pattern and have a better chance of predicting your most fertile days.

How to do it: Start keeping track of your temperature on the first day of your period using a basal body thermometer, which shows minute changes in your temperature. A digital thermometer can also work, although it's not as accurate. Take your basal body temperature, and plot it on the chart. Then go to the bathroom and check your cervical mucus. Using your fingers or toilet paper, note its consistency. You may also want to monitor its texture throughout the day each time you go to the bathroom. Most women will see a spike in their temperature, signaling that they've ovulated, and notice that their mucus looks and feels like raw egg white at around the same time. When the two coincide, it's baby-making time. Remember, every woman's cycle is different. Yours may not look like the sample, or even be the same every month. Good luck!

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Sample basal body temperature / cervical mucus chart

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