

Menstrual Tracking & BBT Charting Guide

Charting of your basal body temperature (BBT) is a simple and sensitive way to evaluate thyroid function and menstrual cycling. The thyroid gland produces hormones that largely control the metabolic rate of your body and interacts with other hormonal processes. This metabolic rate is reflected in your basal body temperature.

Procedure

1. Upon waking, before you get out of bed or move about, place a digital or mercury thermometer under your tongue or in the center of your armpit. Improper positioning may result in readings below actual temperature.
2. For mercury thermometers, leave the thermometer in your armpit for 10 minutes. For digital thermometers, record the temperature at the beep. It is best to lie still with your eyes closed while waiting for the reading.
3. The temperature reading may be taken each morning of a complete menstrual cycle. It's best to begin on the first day of bleeding (Day 1), however if your cycles are irregular then start at any day of the month.
4. Record the results on the '[Menstrual Tracking and Basal Body Temperature Chart](#)' and check off any associated symptom for that day:
 - **Day of the month:** note the date of the first day of bleeding until the start of the next cycle to see how long your cycles last. Normally, a cycle can be anywhere from 25-31 days.
 - **Menstruation:** bleeding from the vagina, which can last up to 7 days from day 1 of bleeding.
 - **Spotting:** slight bleeding usually after 3-5 days of bleeding.
 - **Mucous:** non-blood secretions from the vagina, noting the:
 - Sensation - Dry (D), moist (M), wet (W), lubrication (L)
 - Appearance - Opaque (O), transparent (TR), cloudy (C), thread (TH), liquid (LQ), white (WH), yellow (Y)
 - Odour - None (N), fishy (F), egg (E), yeast (Y), sour (S), acrid (A), sweet (SW)
 - **Abdominal pain:** especially in the lower pelvic region.
 - **Sensitive breasts:** tender to massage, uncomfortable or swollen.
 - **Infection:** high temperature can be from a microbial infection.
 - **Discomfort:** general discomfort in the vagina, pelvis or abdomen.
 - **Intercourse:** mark off if you had vaginal intercourse that day.
 - **Temperature:** note the temperature in either Celsius (left) or Fahrenheit (right). A spike in temperature around day 14 may indicate ovulation from the LH (luteal hormone) surge.

MENSTRUAL TRACKING AND BASAL BODY TEMPERATURE READING

Month: _____

Name: _____

| | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------|---------|-----------|---------|-----------------|------------|------------------|------------|--------------|-------------|------------|------------|----------|-----------|---------|-----------|----------|-----------|------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| DAY OF CYCLE | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DAY OF MONTH | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Menstruation | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spotting | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mucous | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *SENSATION | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *APPEARANCE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| *ODOUR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Abdominal pain | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sensitive breasts | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Infection | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Discomfort | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Intercourse | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Other: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DAY OF CYCLE | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SENSATION | D - Dry | M - Moist | W - Wet | L - Lubrication | O - Opaque | TR - Transparent | C - Cloudy | TH - Thready | LQ - Liquid | WH - White | Y - Yellow | N - None | F - Fishy | E - Egg | Y - Yeast | S - Sour | A - Acrid | SW - Sweet | | | | | | | | | | | | | | | | | | | | | | | °C | | | | | | | | | | | | | | | | | | | | | | | °F | 99.1 | 99.0 | 98.8 | 98.6 | 98.4 | 98.2 | 98.1 | 97.9 | 97.7 | 97.5 | 97.3 | 97.2 | 97.0 | 96.8 | 96.6 | 96.4 | 96.3 |
| APPEARANCE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ODOUR | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Notes: