OCEAN PARK NATURAL THERAPIES

# Basal Body Temperature Chart

**Name:**_____ **Starting Date:**_____

| °C | °F |
|---|---|
| 37.3 | 99.1 |
| 37.2 | 99.0 |
| 37.1 | 98.8 |
| 37.0 | 98.6 |
| 36.9 | 98.4 |
| 36.8 | 98.2 |
| 36.7 | 98.0 |
| 36.6 | 97.8 |
| 36.5 | 97.6 |
| 36.4 | 97.4 |
| 36.3 | 97.2 |
| 36.2 | 97.0 |
| 36.1 | 96.8 |
| 36.0 | 96.6 |
| 35.9 | 96.4 |
| 35.8 | 96.2 |
| 35.7 | 96.0 |
| 35.6 | 95.8 |
| 35.5 | |
| 35.4 | |

❀ Please fill-in this chart according to the instructions given to you by your Clinician.

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