

Western Oklahoma Center for Health and Wellness
INSTRUCTIONS FOR TAKING
BASAL BODY TEMPERATURE

1. Use an ordinary oral or rectal thermometer.
2. Shake down the thermometer the night before and place it on your nightstand.
3. The first thing in the morning BEFORE you get out of bed, place the thermometer under your arm for TEN minutes.
4. Record the temperature reading and date in the places provided below.

DATE _____	TEMPERATURE _____	DATE _____	TEMPERATURE _____
DATE _____	TEMPERATURE _____	DATE _____	TEMPERATURE _____
DATE _____	TEMPERATURE _____	DATE _____	TEMPERATURE _____
DATE _____	TEMPERATURE _____	DATE _____	TEMPERATURE _____
DATE _____	TEMPERATURE _____	DATE _____	TEMPERATURE _____

After the completion of the 10 day cycle, please mail this report to our office or bring it in with you for your next consultation.

SIGNATURE _____