TEMPERATURE CHART

Take your temperature at the same time every day and place a dot in the corresponding square.
Draw a line joining the dots to graph your temperature.

Catherine Chan's Natural Health and Fertility Care Clinic
TEL: +61 2 4362 2765
FAX: +61 2 4362 1207
EMAIL: catherine@care.cc
WEB: www.care.cc

Name: Date of Commencement:

TEMP IN C	DAY OF CYCLE																																	TEMP IN F
	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	
38.9																																				100.5
38.8																																				100.4
38.7																																				100.3
38.6																																				100.2
38.5																																				100.1
38.4																																				100
38.3																																				99.9
38.2																																				99.8
38.1																																				99.7
38																																				99.6
37.9																																				99.5
37.8																																				99.4
37.7																																				99.3
37.6																																				99.2
37.5																																				99.1
37.4																																				99
37.3																																				98.9
37.2																																				98.8
37.1																																				98.7
37																																				98.6
36.9																																				98.5
36.8																																				98.4
36.7																																				98.3
36.6																																				98.2
36.5																																				98.1
36.4																																				98
36.3																																				97.9
36.2																																				97.8
36.1																																				97.7
36																																				97.6
35.9																																				97.5
35.8																																				97.4
35.7																																				97.3
35.6																																				97.2
35.5																																				97.1
35.4																																				97