

EGS-TEMPERATURE CHART

I suggest that you complete your temperature chart in the following way:

1. Write your name and the date of commencement at the top of the chart
2. Commence noting the days and dates on your chart on day 1 of your period. You may decide not to take your temperature while you are bleeding. That is your decision and won't affect the result.
3. Complete each line at the top. Indicate days of the week by M,T,W,TH,F,S,SU for Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday respectively
4. Use a single digit to denote the date, e.g. 1 = 1st. You have indicated the complete date at the top of the chart
5. Indicate days of bleeding with a solid circle. If bleeding is no more than "spotting", indicate with a small open circle at the bottom of the chart
6. You can use a cross or a smiling face to indicate days on which you had intercourse one or more times
7. Place a dot in the Square that matches your temperature on each day. When the month is completed, join the dots between the different days
8. Mucus: Leave empty if no mucus is detected otherwise classify as close as you can to S (for Sticky), C (for Creamy) and E (consistency of egg white)
9. Vaginal Sensation: Leave empty if dry or no particular sensation, L if you feel lubricated and W if you feel wet
10. Use a D to indicate any other discharge

If you listen to the Sound Recording "How to keep and interpret a temperature chart" you will be able to become YOUR OWN ADVISOR.