

## **TEMPERATURE CHART**

**(For further information, visit [www.itsnatural.com.au](http://www.itsnatural.com.au))**

Have you already downloaded your chart from [www.itsnatural.com.au](http://www.itsnatural.com.au)? Once you have, I suggest 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 the chart at some time during your period, preferably on day 1
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 = 1<sup>st</sup>. 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. Lots of faces are good!
7. Place a dot in the Square that matches your temperature for that day. 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

Vaginal wetness is usually the simplest and clearest sign that this is the time to have intercourse in order to achieve a pregnancy. Listen to the downloadable talk to understand how to interpret your chart. You can find this through [www.itsnatural.com.au](http://www.itsnatural.com.au) or [www.egs.com.au](http://www.egs.com.au).

Contact me, (Dr Judy Ford) [judy@egs.com.au](mailto:judy@egs.com.au) if you need further information but please listen to the talk first. It's very clear and very informative.