ImmuneND Nutritional and Complementary therapies for Immune and related disorders

Basal Body Temperature Chart

Temp C	Temp F	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Temp F	Temp C
+37.8	+100.0																																																			+100.0	+37.8
37.8	100.0																																																					100.0	37.8
37.7	99.9																																																					99.9	37.7
37.7	99.8																																																					99.8	37.7
37.6	99.7																																																						99.7	37.6
37.6	99.6																																																						99.6	37.6
37.5	99.5																																																						99.5	37.5
37.4	99.4																																																						99.4	37.4
37.4	99.3																																																						99.3	37.4
37.3	99.2																																																						99.2	37.3
37.3	99.1																																																						99.1	37.3
37.2	99.0																																																						99.0	37.2
37.2	98.9																																																						98.9	37.2
37.1	98.8																																																						98.8	37.1
37.1	98.7																																																						98.7	37.1
37.0	98.6																																																						98.6	37.0
36.9	98.5																																																						98.5	36.9
36.9	98.4																																																						98.4	36.9
36.8	98.3																																																						98.3	36.8
36.8	98.2																																																						98.2	36.8
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35.1	95.1																																																						95.1	35.1
35.0	95.0																																																						95.0	35.0
		M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S		
DATE																																																					DATE	