haessler naturopathic

BASAL BODY TEMPERTURE CHART

NAME _____

DATE _____

Temp.																															
38.0°C																															
37.8																															
37.6																															
37.4																															
37.2																															
37.0																															
36.8																															
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	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

Days of the month

Special notes:_____

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Haessler Naturopathic 593 Mill St., Box 777, Port Elgin, ON N0H 2C0 tel 519 832-4500 fax 519 832-4425 www.haesslernaturopathic.com