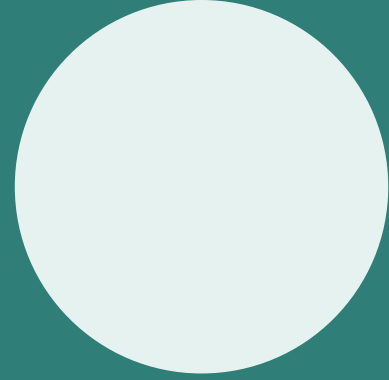


# BBT Tracking Printable Australia



A simple printable for recording BBT, LH results, symptoms, intercourse timing and pregnancy test dates across one cycle.

## Use this if

You want one place to write down what happened each day, without treating home tracking as a diagnosis.

## This printable helps you record

BBT

LH results

Symptoms

Intercourse timing

Pregnancy test dates

Next action

## Use it to

Keep your notes out of your head.

See BBT, LH and symptoms in the same timeline.

Plan pregnancy test dates more calmly.

Bring clearer information to a GP if your cycle stays confusing.

## It cannot prove

That ovulation happened.

That pregnancy has started.

That a pregnancy is safe.

That symptoms are harmless.

That your cycle does or does not need medical review.

# How to use this tracker

Use the same simple routine each day. The aim is a clear record, not a perfect chart.

## 1. Take your temperature

Take your BBT before getting up, talking, eating, drinking or moving around much. Write down the time.

## 2. Add context

Record poor sleep, illness, alcohol, travel, late nights, medicines or a different wake time.

## 3. Record LH and symptoms

Add LH results and symptoms as context only. They do not diagnose ovulation or pregnancy.

## 4. Plan test dates

Write your expected period date. Choose one sensible test date and one retest date if needed.

## Find the page you need

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## Before you start

Write cycle day 1 as the first day of proper period bleeding. Use the same thermometer and method where possible. Keep the tracker where you will use it every morning.

# What BBT can and cannot show

BBT is most useful as a pattern record after a temperature shift. It is not a same-day prediction tool.

## What BBT can help with

It may help you notice a repeated temperature pattern across a cycle.

It may help you see whether a rise happened after your likely fertile days.

It may help you compare LH results, symptoms and bleeding dates in one place.

It may give your GP a clearer summary if your cycles are irregular or confusing.

## What BBT cannot confirm

It cannot prove ovulation happened.

It cannot prove an egg was released.

It cannot confirm fertility.

It cannot confirm pregnancy.

It cannot confirm pregnancy safety.

It cannot explain pain, heavy bleeding, fainting or feeling very unwell.

## Best use

Use BBT to learn your pattern over time. The most useful fertility timing usually happens before the temperature rise, so do not wait for BBT to rise before timing intercourse.

## Do not use BBT for

Pregnancy prediction. Implantation dip claims. Luteal phase defect diagnosis. Endocrine interpretation. Reassurance when symptoms need care.

# Record temperature consistently

A consistent routine makes your chart easier to read. One temperature is not proof of anything by itself. The pattern matters more than a single high or low reading.

## Morning routine

- Before getting out of bed
- Same thermometer
- Same method
- Around the same time
- Record the time taken
- Write it down straight away

## Record disruptions

- Poor sleep
- Illness or fever
- Alcohol or travel
- Late night
- Different wake time
- Medication change
- Breastfeeding overnight
- Getting up before testing

## Thermometer note

A basal ovulation thermometer is designed for BBT tracking. It supports daily recording, but it does not confirm ovulation, fertility or pregnancy.

Same time

Before getting up

Record disruptions

Watch the pattern

# Add LH results beside BBT

LH results and BBT answer different questions. An LH result can help you record likely timing before ovulation. BBT may show a pattern after the temperature shift. Neither one proves that an egg was released.

## What to record

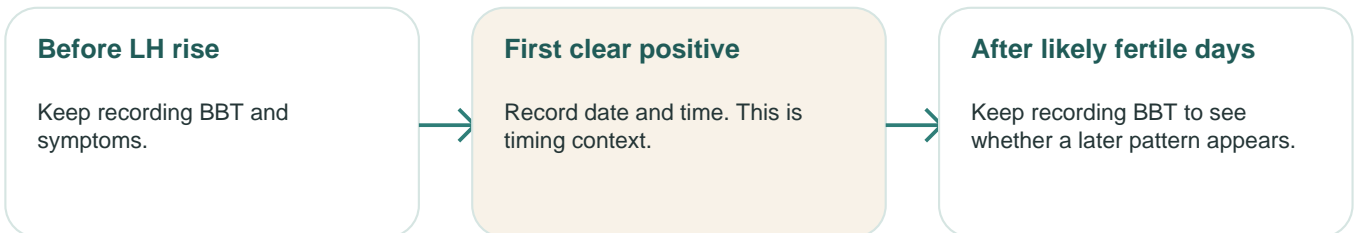
- Date tested
- Cycle day
- Test time
- LH result
- Whether it was read inside the window
- First clear positive, if one appears
- Intercourse timing, if relevant

## Keep the LH note short

If the test line is equal to or darker than the control line inside the correct reading window, record it as your first clear positive.

Do not keep changing the record after the test has dried.

## How LH fits beside BBT



## Important limit

Use LH as timing context, not clinical confirmation.

# Add symptoms carefully

Symptoms can help you remember the cycle. They should not be used as diagnosis. Record what you notice, then keep the next action calm.

What to record	Why it may help	Do not conclude
Cervical mucus	Places fertile-window signs beside LH and BBT.	Do not use it to prove ovulation.
Cramps	Shows timing and pattern.	Do not use cramps to diagnose ovulation or pregnancy.
Spotting or bleeding	Shows cycle changes.	Do not ignore heavy or worrying bleeding.
Breast tenderness	Records symptoms across the cycle.	Do not use it to confirm pregnancy.
Illness or fever	Explains a higher temperature.	Do not treat fever as a fertility pattern.
Poor sleep	Explains a disrupted BBT reading.	Do not over-read one affected temperature.
Medicines	Gives context for GP review.	Do not change medicines without clinical advice.

## Useful tracker wording

Clear, stretchy mucus. Cramping left side. Spotting.  
Heavy bleeding. Poor sleep. Unwell. Medicine change.  
No symptoms noticed.

## Keep symptoms in context

Symptoms can change the next step if they worry you.  
They do not replace a GP, midwife, fertility specialist or  
urgent-care assessment.

# Add pregnancy testing dates

BBT does not confirm pregnancy. Pregnancy testing depends on hCG timing. Use this page to plan dates, not to interpret faint lines.

## Record these dates

Expected period date

Estimated DPO, if you have a reasonable estimate

First planned pregnancy test date

Retest date if bleeding does not start

GP or midwife follow-up date if a test is positive

Situation	What to write in the tracker
Period is not due yet	Write the expected period date before deciding when to test.
Estimated DPO is uncertain	Use period timing instead of guessing from the chart alone.
Pregnancy test date chosen	Record one planned test date.
Bleeding does not start	Record one retest date, usually later rather than the same day.
Positive test	Record the result and arrange GP or midwife follow-up.
Result does not match symptoms	Record symptoms and choose clinical advice rather than repeated testing.

## Simple rule

Do not use a BBT rise, dip or chart shape as proof of pregnancy.

Use a pregnancy test at a sensible time and record the next action.



# GP appointment summary

Use this page if your cycle pattern stays confusing, your periods change, symptoms worry you, or you have been trying without pregnancy. Bring dates and patterns, not guesses.

## Cycle summary

Cycle start date: \_\_\_\_\_

Usual cycle length: \_\_\_\_\_

Shortest recent cycle: \_\_\_\_\_

Longest recent cycle: \_\_\_\_\_

Expected period date: \_\_\_\_\_

Actual bleeding date: \_\_\_\_\_

## Tracking summary

First clear LH positive: \_\_\_\_\_

LH result time: \_\_\_\_\_

BBT pattern note: \_\_\_\_\_

Temperature shift noticed: \_\_\_\_\_

Symptoms that stood out: \_\_\_\_\_

Pregnancy test dates: \_\_\_\_\_

## Health and timing notes

Medicines or supplements: \_\_\_\_\_

Recent contraception change: \_\_\_\_\_

Breastfeeding: \_\_\_\_\_

Known conditions: \_\_\_\_\_

How long trying: \_\_\_\_\_

Partner testing done: \_\_\_\_\_

## Questions to ask

- What should I keep tracking?
- Are any tests useful now?
- Could my cycle need review?
- Should my partner be tested?
- When should I come back?
- When should I seek urgent help?

## GP timing note

If you are under 35 and have been trying for 12 months, speak with a GP. If you are older than 35, speak with a GP after 6 months. Ask earlier if cycles are absent, very irregular, very heavy, suddenly different, painful, or if you already know about a fertility, pelvic pain, endocrine or sperm-related concern.

# Tools that can support tracking

This page helps you choose support tools after you understand what BBT can and cannot show. Tools can support recording and timing. They do not confirm ovulation, fertility, pregnancy safety or pregnancy viability.

Tool	Best fit	Main limit	Link
<b>Basal ovulation thermometer</b>	Daily BBT recording before getting up.	Shows temperature pattern only.	<a href="#">Open thermometer</a>
<b>Ovulation test strips</b>	Recording LH results beside BBT across several days.	Suggests likely timing but does not prove egg release.	<a href="#">Open LH strips</a>
<b>Urine collection cups</b>	Supporting strip testing with a clean sample container.	Does not change what the test can or cannot show.	<a href="#">Open cups</a>
<b>Pregnancy test strips</b>	Recording hCG test dates after realistic timing.	Does not date pregnancy or assess pregnancy safety.	<a href="#">Open pregnancy strips</a>
<b>Product instructions</b>	Checking handling, timing and reading windows.	Supports correct use but does not replace clinical advice.	<a href="#">Open instructions</a>

## If you are adding LH testing beside BBT

Ovulation tests can help you record likely timing before a BBT pattern appears. Use them as timing support only.

[View ovulation tests](#)

## Before you test

Read the instructions for your product. Record the result inside the correct window. Put the test away after reading. Use the tracker to choose one next action.

# When tracking is not enough

Tracking is useful until symptoms, cycle changes or time trying mean you need clinical advice. Do not use BBT, LH tests or pregnancy tests to explain symptoms that worry you.

## Book a routine GP appointment if

- Your periods are absent.
- Your cycles are very irregular.
- Your periods become suddenly different.
- Bleeding is very heavy.
- Pain is severe or affecting normal activity.
- You are unsure how to interpret repeated cycle changes.
- You have been trying for 12 months if under 35.
- You have been trying for 6 months if older than 35.

## Ask earlier if

- Your cycle pattern has changed quickly.
- Your bleeding pattern worries you.
- Your symptoms do not match your usual cycle.
- You are using medicines or fertility treatment and are unsure when to test.
- You have a positive pregnancy test and need next-step care.
- You have known fertility, pelvic pain, endocrine, PMOS, thyroid, diabetes, recurrent pregnancy loss or sperm-related concerns.

## Choose urgent care if

You are pregnant or could be pregnant and have severe lower abdominal pain, one-sided pelvic pain, shoulder-tip pain, heavy bleeding, dizziness, fainting, or feel very unwell.

Call triple zero if symptoms are severe or you are worried about immediate safety.

## Bring to the appointment

Your tracker. Cycle start dates. LH result dates. BBT pattern notes. Bleeding pattern. Symptoms. Pregnancy test dates. Medicines. How long you have been trying. Your questions.

# Sources and reviewer

Fertility2Family publishes Australia-focused fertility education. Articles are written by our team and medically reviewed by Australian-registered health practitioners.

We use Australian consumer health guidance, Australian clinical and public health guidance, Fertility2Family product instructions and relevant clinical sources where appropriate. We explain what the evidence suggests, what it cannot confirm, and when to see a GP or fertility specialist.

## Reviewed for general health accuracy

Evan Kurzyp RN, BSN, Master of Nursing. AHPRA registration NMW0002424871.

Last reviewed: 2 June 2026. Next scheduled review: 2 December 2027, or sooner if Australian guidance or Fertility2Family product instructions change.

## How sources were used

Australian clinical sources were used for BBT timing, cycle changes, pregnancy testing limits, GP timing and urgent symptom guidance. Fertility2Family product instructions were used for product handling, reading windows and home-test-use limits.

## References used for this guide

### Pregnancy Birth and Baby

Ovulation and fertility

<https://www.pregnancybirthbaby.org.au/ovulation-and-fertility>

### Pregnancy Birth and Baby

Fertility tests and treatments

<https://www.pregnancybirthbaby.org.au/fertility-tests-and-treatments>

### healthdirect

Irregular periods

<https://www.healthdirect.gov.au/irregular-periods>

### healthdirect

Ectopic pregnancy

<https://www.healthdirect.gov.au/ectopic-pregnancy>

### healthdirect

Warning signs during pregnancy

<https://www.healthdirect.gov.au/warning-signs-during-pregnancy>

### Your Fertility

How age matters for your fertility

<https://www.yourfertility.org.au/everyone/age>

### Fertility2Family

Product instructions

<https://fertility2family.com.au/product-instructions/>

### Fertility2Family

Basal ovulation thermometer

<https://fertility2family.com.au/product/buy-cheap-basal-ovulation-thermometer/>

### Fertility2Family

Ovulation test strip instructions

<https://fertility2family.com.au/buy-cheap-ovulation-test-strip-instructions/>

### Fertility2Family

Pregnancy test strip instructions

<https://fertility2family.com.au/buy-cheap-pregnancy-test-strip-instructions/>

### Fertility2Family

Urine collection cups

<https://fertility2family.com.au/product/urine-collection-cups/>

### Fertility2Family

Ovulation tests

<https://fertility2family.com.au/product-category/buy-ovulation-tests/>