**Teplotu začínáme měřit v konečníku 7-8 dní před předpokládaným porodem.**

| Teplota | ráno | večer | ráno | večer | ráno | večer | ráno | večer | ráno | večer | ráno | večer | ráno | večer | ráno | večer |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 39,6 | | | | | | | | | | | | | | | | |
| 39,4 | | | | | | | | | | | | | | | | |
| 39,2 | | | | | | | | | | | | | | | | |
| 39,0 | | | | | | | | | | | | | | | | |
| 38,8 | | | | | | | | | | | | | | | | |
| 38,6 | | | | | | | | | | | | | | | | |
| 38,4 | | | | | | | | | | | | | | | | |
| 38,2 | | | | | | | | | | | | | | | | |
| 38,0 | | | | | | | | | | | | | | | | |
| 37,8 | | | | | | | | | | | | | | | | |
| 37,6 | | | | | | | | | | | | | | | | |
| 37,4 | | | | | | | | | | | | | | | | |
| 37,2 | | | | | | | | | | | | | | | | |
| 37,0 | | | | | | | | | | | | | | | | |
| 36,8 | | | | | | | | | | | | | | | | |
| 36,6 | | | | | | | | | | | | | | | | |