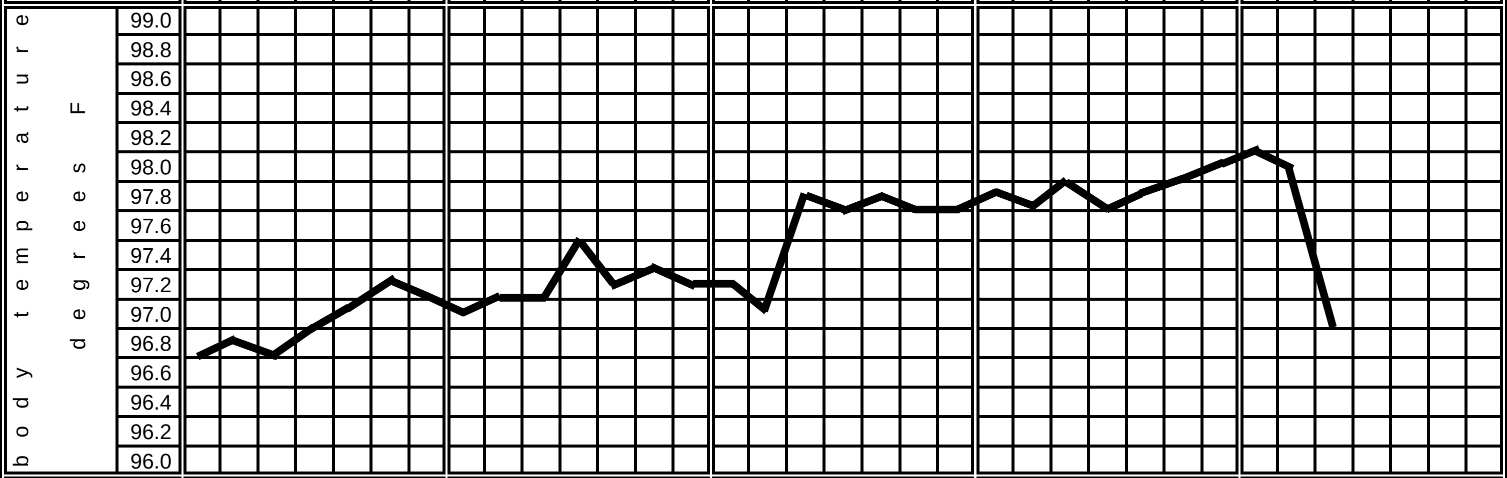
BASAL BODY TEMPERATURE and MUCUS SYMPTOM CHART #3

date 20___																																			
Genital Contact																																			
Gen'l Contact ok																																			
Mucus Symptom										D	IM	FM	FM	FM	FM	D	D	D																	
Color OX123															X	1	2	3																	
Medication, stress																																			
Temperature 90F+	6.7	6.8	6.7	6.9	7.0	7.2	7.1	7.0	7.1	7.1	7.5	7.2	7.3	7.2	7.2	7.0	7.8	7.7	7.8	7.7	7.7	7.8	7.7	7.9	7.7	7.6	7.7	7.8	7.9	7.8	6.9				
cycle day =	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	32	33	34	35



cycle day =	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	32	33	34	35

In this cycle pregnancy is to be	
	achieved
	delayed
	avoidec

Chart No

	pregnant
	nursing
	weaning
	infertility
	post-pill
	pre-menopause
	medical
	other

File

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Abbreviations:

- D= dry
- FM= fertile mucus
- IM= infertile mucus
- M= mucus
- ND= no longer dry
- OTC= Over the counter medication
- Rx= Prescription medication
- S= slippery
- W= wet sensation
- X= last day of FM (="peak"
- 123 probably fertile days after X

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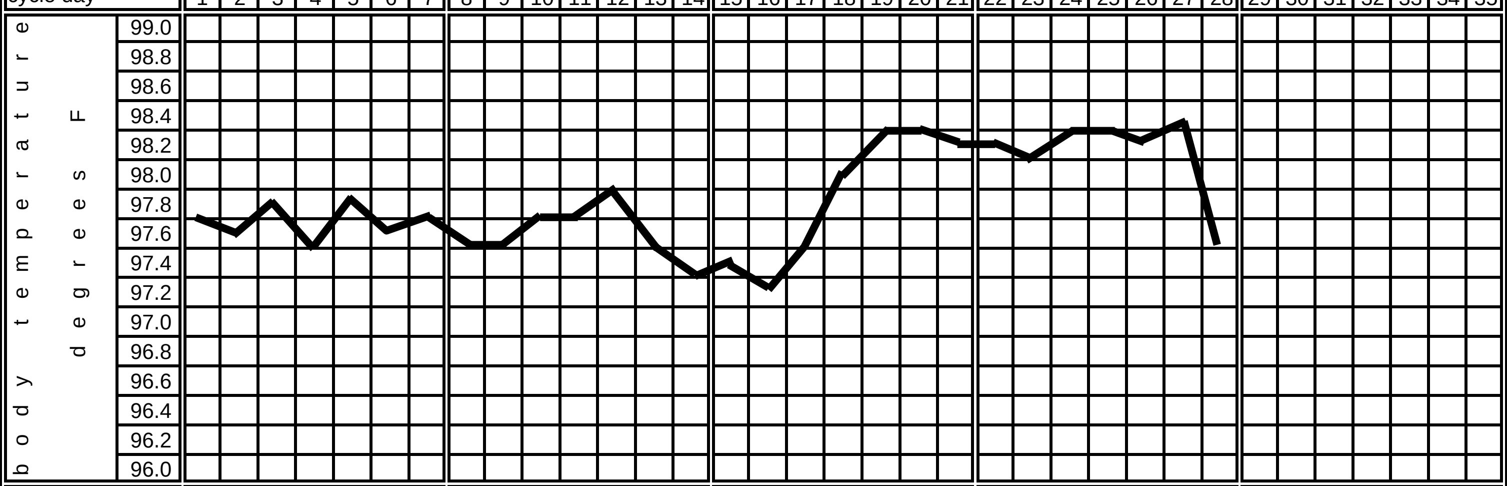

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Abbreviations:

- base= high temp in last 6 days before STS
- STS= Sustained Temperature Shift
- STS= base + 0.4 F
- STS1= day 1 of STS, STS2 = day 2 of STS
- += Sexual Contact ok w/o pregnancy

Please send a copy of this chart with your name and phone number to:

D. Stapel (phone: 292-1294)
5423 Academy
Dearborn Heights, MI 48125-230?