

																																CYCLE NO.	
WEEK DAY																																	
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	BBT
MENSTRUATION																																.3	
																																.25	
																																.2	
																																.15	
NONE																																.1	
STICKY																																37.0	
																																.95	
																																.9	
																																.85	
CREAMY																																.8	
																																.75	
																																.7	
																																.65	
EGGWHITE																																.6	
																																.55	
																																.5	
																																.45	
WATERY																																.4	
																																.35	
																																.3	
																																.25	
INTERCOURSE																																.2	
																																.15	
																																.1	
																																36.0	

