BASAL BODY TEMPERATURE and MUCUS SYMPTOM CHART DAILY!!!

date 20___																																		
Genital Contact																																		
Gen'l Contact ok																																		
Mucus Symptom																																		
Color OX123																																		
Medication, stress																																		
Temperature 90F+																																		
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In this cycle pregnancy is to be		achieved
		delayed
		avoided

Chart No

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

File

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D. Stapel

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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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