



## PCOS BBT Table for Fertility Charting

How to use this table:  
<https://gizigo.id/pcos-bbt>

### CERVICAL MUCUS

- P = Period
- D = Dry
- S = Sticky rice
- C = Creamy
- E = Egg white

Month																													
Date																													
Day																													
Menstruation Cycle																													
<b>Basal Body Temperature / BBT</b>	37,5																												
	37,4																												
	37,3																												
	37,2																												
	37,1																												
	37,0																												
	36,9																												
	36,8																												
	36,7																												
	36,6																												
	36,5																												
	36,4																												
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	35,9																												
	35,8																												
	35,7																												
	35,6																												
Cervical Mucus																													
Sexual Activity																													
Psychological Pressure																													
Alcohol																													
Medicine																													