



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																													
Basal Body Temperature / BBT	98.9																												
	98.8																												
	98.7																												
	98.6																												
	98.5																												
	98.4																												
	98.3																												
	98.2																												
	98.1																												
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	Cervical Mucus																												
Sexual Activity																													
Psychological Pressure																													
Alcohol																													
Medicine																													