

PCOS BBT Table for Fertility Charting

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

CERVICAL MUCUS

Ρ	= Period

- D = Dry
- s = Sticky rice
- C = Creamy

E = Egg v	white
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Month Date Dav **Menstruation Cycle** 98.9 BBT 98.8 98.7 98.6 98.5 **Body Temperature** 98.4 98.3 98.2 98.1 (±°) 98.0 97.9 97.8 97.7 97.6 97.5 97.4 asal 97.3 97.2 m 97.1 97.0 **Cervical Mucus** Sexual Activity **Psychological Pressure** Alcohol Medicine

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