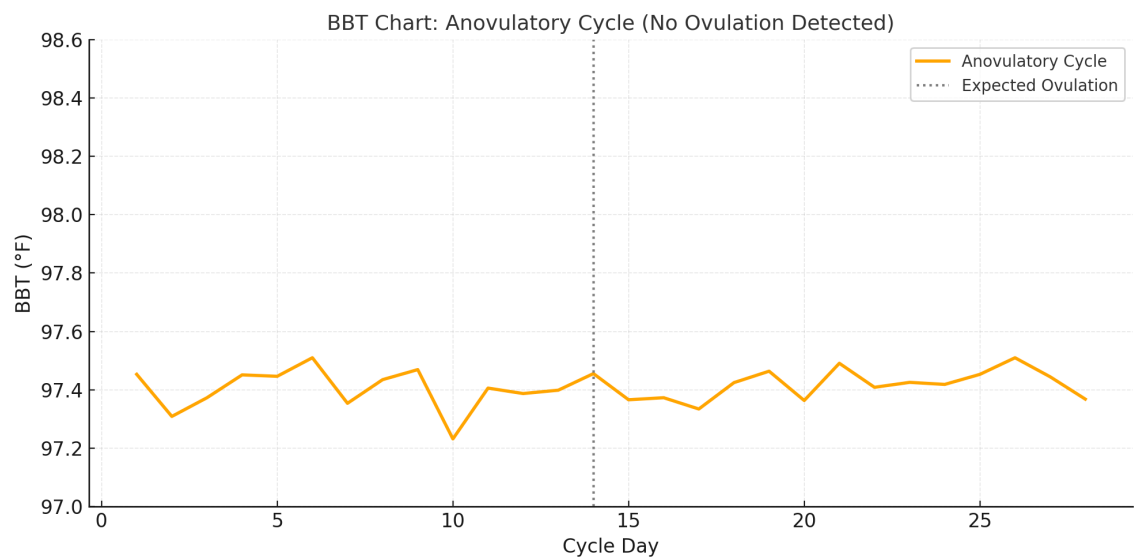


Visual BBT Chart Guide

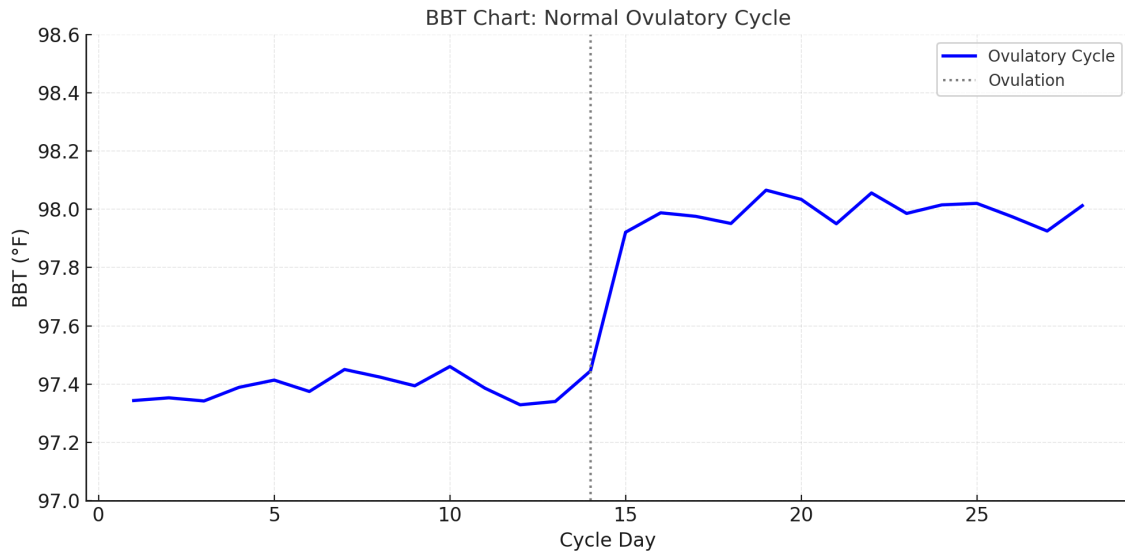
1. Anovulatory Cycle

This chart reflects a cycle without ovulation — there is no clear temperature shift or sustained rise. This can occur during stress, PCOS, hormonal imbalance, or naturally in occasional cycles.



2. Normal Ovulatory Cycle

This chart simulates a biphasic pattern — a clear temperature shift after ovulation, often indicating a healthy, ovulatory cycle.



3. Pregnant Cycle (Sustained Rise)

This chart shows a sustained rise in BBT after ovulation, which may be one of the earliest signs of pregnancy when temperatures stay high for 18 days or more.

