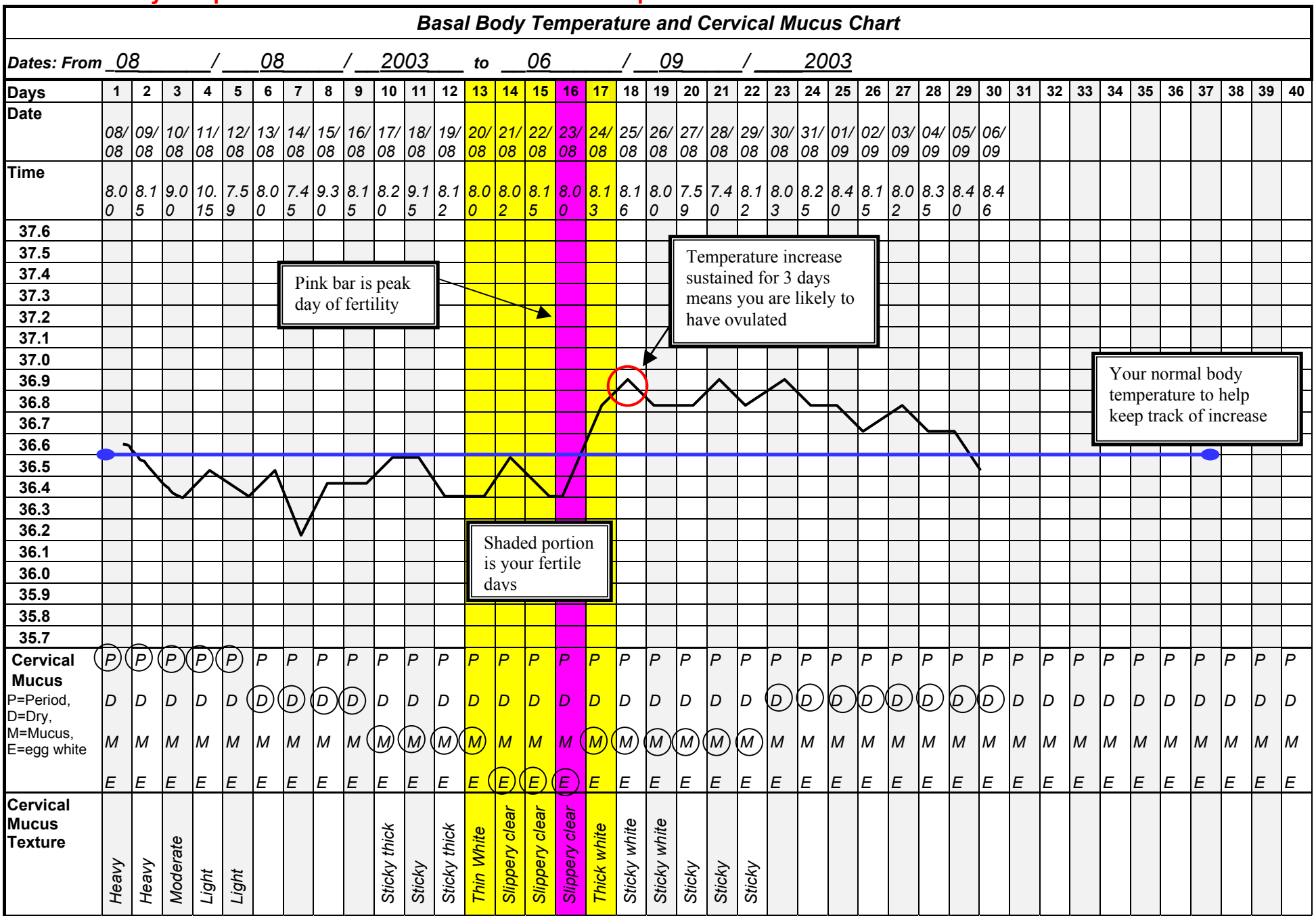Basal Body Temperature and Cervical Mucus Chart - Sample