

CHARTS

The Visual Record




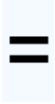





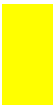


Personal Records


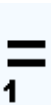

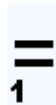








In charting the cervical mucus symptom of the Billings Ovulation Method ([see observations and rules](#)), the use of a graphical record is particularly provides a large amount of information which can be taken in at a glance, embodying perhaps the observations made over several months.

There are two recognised visual recording methods, one encoded by coloured stamps and the other encoded by simple black and white graphical stamps provide a more emphatic visual model, a record based on black and white symbols can be kept with only pencil and paper.

Both methods convey the essential details across barriers of language, and provide for comprehension even by the illiterate.

The legend for the stamps and symbols of the Billings Ovulation Method are given in the following tables.

Stamps and Symbols							
International Symbol							
Stamp							
Symptom Description	Bleeding	Spotting	Dry	Discharge and infertility 1. BIP of unchanging discharge before Peak 2. From the fourth day past the Peak	Mucus Change from the Basic Infertile Pattern (BIP)	Spotting: break-through bleed or withdrawal bleed	The muc The p

Stamps and Symbols (continued)						
International Symbol						
Stamp						
Symptom Description	Dry before peak - Wait & See 123 rule	Unchanging discharge before peak - Wait & See 123 rule	Dry for 3 days after Peak	Changed mucus for 3 days after Peak No longer wet or slippery	Intercourse (Letter I is superimposed on stamp or symbol)	
			Any combination may occur over the 3 days.			

The following diagram shows the corresponding pairs of stamps and symbols associated with the phases of fertility and infertility as depicted in

