



This figure consists of two side-by-side graphs for tracking basal body temperature (BBT) over a 30-day cycle. Each graph has a vertical scale on the left ranging from 0 to 5 and a horizontal scale at the bottom ranging from 1 to 30.

- Left Graph:** The y-axis is labeled "OV" and the x-axis is labeled "°C". A red horizontal line is drawn at 37.0°C. The numbers 5, 4, 3, 2, 1 are listed vertically on the left side of the y-axis, and 30, 9, 8, 7, 6, 5 are listed vertically on the right side of the y-axis.
- Right Graph:** The y-axis is labeled "OV" and the x-axis is labeled "°C". A red horizontal line is drawn at 36.0°C. The numbers 5, 4, 3, 2, 1 are listed vertically on the left side of the y-axis, and 30, 9, 8, 7, 6, 5 are listed vertically on the right side of the y-axis.

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