

Name		Year 2007									Month June				Doctor							
Cycle Day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
	Day of	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	
		B	B	B	B	B	D	D	D	M	M	M	M	M	M	M	M	D	D	D	D	
		21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
		2	3	4	5	6	7	8	9													
		D	D	D	D	D	D	D	D													

Figure A

Doctor

Figure B

Doctor

Figure C

Figure C

The Most Popular Names by Rank

Rank	Male name	Female name
1	Jacob	Emily
2	Michael	Emma
3	Joshua	Madison
4	Matthew	Olivia
5	Ethan	Hannah
6	Andrew	Abigail
7	Daniel	Isabella
8	William	Ashley
9	Joseph	Samantha
10	Christopher	Elizabeth
11	Anthony	Alexis
12	Ryan	Sarah
13	Nicholas	Grace
14	David	Alyssa
15	Alexander	Sophia
16	Tyler	Lauren
17	James	Brianna

18	John	Kayla
19	Dylan	Natalie
20	Nathan	Anna
21	Jonathan	Jessica
22	Brandon	Taylor
23	Samuel	Chloë
24	Christian	Hailey
25	Benjamin	Ava
26	Zachary	Jasmine
27	Logan	Sydney
28	José	Victoria
29	Noah	Ella
30	Justin	Mia
31	Elijah	Morgan
32	Gabriel	Julia
33	Caleb	Kaitlyn
34	Kevin	Rachel
35	Austin	Katherine
36	Robert	Megan
37	Thomas	Alexandra
38	Connor	Jennifer
39	Evan	Destiny
40	Aidan	Allison
41	Jack	Savannah
42	Luke	Haley
43	Jordan	Mackenzie
44	Angel	Brooke
45	Isaiah	Maria
46	Isaac	Nicole
47	Jason	Makayla
48	Jackson	Trinity
49	Hunter	Kylie
50	Cameron	Kaylee
51	Gavin	Paige
52	Mason	Lily

53	Aaron	Faith
54	Juan	Zoë
55	Kyle	Stephanie
56	Charles	Jenna
57	Luis	Andrea
58	Adam	Riley
59	Brian	Katelyn
60	Aiden	Angelina
61	Eric	Kimberly
62	Jayden	Madeline
63	Alex	Mary
64	Bryan	Leah
65	Sean	Lillian
66	Owen	Michelle
67	Lucas	Amanda
68	Nathaniel	Sara
69	Ian	Sofia
70	Jesus	Jordan
71	Carlos	Alexa
72	Adrian	Rebecca
73	Diego	Gabrielle
74	Julian	Caroline
75	Cole	Vanessa
76	Ashton	Gabriella
77	Steven	Avery
78	Jeremiah	Marissa
79	Timothy	Ariana
80	Chase	Audrey
81	Devin	Jada
82	Seth	Autumn
83	Jaden	Evelyn
84	Colin	Jocelyn
85	Cody	Maya
86	Landon	Arianna
87	Carter	Isabel

88	Hayden	Amber
89	Xavier	Melanie
90	Wyatt	Diana
91	Dominic	Danielle
92	Richard	Sierra
93	Antonio	Leslie
94	Jesse	Aaliyah
95	Blake	Erin
96	Sebastian	Amelia
97	Miguel	Molly
98	Jake	Claire
99	Alejandro	Bailey
100	Patrick	Melissa

If You Are in the Mood for Something Different

If these popular names are well, too popular, and you want something more unusual, consider these seldom-used names. For girls:

Adana

Blayne

Celestine

Dylan

Eris

Ferrin

Gwendaly
Honore
Ilsa
Jae
Kaylan
La-Tasha
Madigan
Oakley
Pepper
Quiarra
Racquell
Shadon
Tora
Ulinda
Victory
Wray
Xian
Ylana
Zandra

And for the boys:

A-Jay
Brik
Chevy
Dyson
Eden
Free
Goran
Holland
Ivy
Jovon
Klaus
L'mar
Macarthur

Nikko

Oron

Parish

Quinlan

Rafe

Skyelar

Treven

Urban

Vidas

Westin

Xackery

Yale

Zac

Reader Questionnaire

WE SUCCEEDED IN OUR GOAL TO CONCEIVE A
_____ (boy/girl).

WE DID NOT SUCCEED IN OUR GOAL TO CONCEIVE A
_____ (boy/girl).

Date we are filling out this questionnaire _____

Our (boy/girl) _____ was born on _____.

This was our (first, second, or ?) _____ child.

Gender of our other children _____

Wife's age _____ Occupation _____

Husband's age _____ Occupation _____

Have you ever tried sex-preselection methods before? _____

If yes, what method(s) did you use? _____

When and with what results did you use the method(s) you describe above? _____

If you have used methods other than the Shettles method, how do you compare those other methods with the Shettles method? _____

Do you know other couples who have used the Shettles method? _____

If so, with what results did they use the Shettles method? _____

Do you know couples who have used methods other than the Shettles method? _____ Which methods did they use? _____

What were the results? _____

Have you heard of sex-preselection methods that are not discussed in this book? _____ If so, what are those methods? _____

Was your pregnancy or delivery complicated in any way? _____

If yes, please specify. _____

If you did not succeed in giving birth to a child of the sex you wanted, do you believe you carefully followed all of the recommendations in this book? _____ Why did you not succeed, insofar as you can tell? _____

Did you use birth control in the twelve months prior to becoming pregnant in this attempt? _____ If so, what type of birth control and for how long a period? _____

For how many menstrual cycles did you keep your basal body temperature (BBT) charts prior to making your effort? _____

For how many menstrual cycles did you keep cervical mucus (CM) charts prior to making your effort? _____

If you did not use the BBT method, explain why. _____

If you did not use the CM method, explain why. _____

Please check any of the following that you used instead of or in addition to the BBT and CM methods to help you determine your time of ovulation. Also, if you used any of these, please rate them poor/fair/good/excellent in terms of how useful they were in your case:

Tes-Tape _____ Rating: _____

Ovulation prediction kits _____ Rating: _____

Mittelschmerz _____ Rating: _____

Other (please specify) _____ Rating: _____

How confident were you that you had found the time of ovulation when you made the attempt that resulted in your pregnancy?

Very confident _____

Somewhat confident _____

Not too confident _____

Not confident at all but decided to try anyway _____

What factors contributed to your confidence or lack of it?

For how many menstrual cycles did you practice, irrespective of the ovulation method you used, prior to making the attempt that resulted in your pregnancy? _____

Does either side of the family have a preponderance of offspring of one gender or the other? _____ If yes, please explain. _____

Does the wife suffer from ulcers, acid stomach, or scanty cervical secretions? _____ If yes, please explain. _____

Does the husband's job expose him to unusual stress, such as heat, radiation, high altitude, underwater pressures, noxious gases or other chemicals? _____ If yes, please specify. _____

Does either husband or wife spend a lot of time at a computer terminal? _____ If yes, explain how much time. _____

Have you ever seen any evidence that those who spend a lot of time at computer terminals or working around computers tend to have more female offspring? _____ If yes, please explain. _____

(We have begun to hear reports, far from substantiated at this point, that computer workers may have more female offspring. We would particularly welcome input on this topic from people in the computer field or those who work with computers or at computer terminals for prolonged periods of time. Perhaps some of you could do informal surveys among your coworkers. Of course, the more specific you can be, the better.)

Has the husband ever had a sperm count performed? _____

If yes, what were the results (in numbers)? _____

When performed? _____

Does either husband or wife have any infertility problems (now or in the past)? _____ Explain. _____

Have you ever tried any of the *in vitro* methodologies either to try to overcome an infertility problem or for sex preselection? _____ If yes, when, where, for what reason, and with what result? _____

Have you used any method to detect the sex of the baby you were pregnant with (either in this pregnancy or in an earlier one)? _____ If yes, when, why, and what, if anything, did you do with the information you obtained? _____

Would you be interested in using these detection methods to prompt an abortion in the event the sex of the child you were carrying was not the gender you desired?

Very interested _____

Somewhat interested _____

Not very interested _____

Not interested at all _____

If medical scientists were able to alter the characteristics of the child you were carrying (to change eye or hair color, for example, gender, IQ, etc.), is this something you would want to avail yourself of?

Definitely _____

Possibly _____

Probably not _____

Absolutely not _____

If you answered "Definitely" or "Possibly," please enlarge on the circumstances under which you would find it desirable to make changes in the unborn while still in the womb. _____

If everybody could easily preselect the gender of their children, do you think this would be a good thing or a bad thing (and, briefly, why do you think this)? Yes _____

No _____ Why? _____

Did you find any aspect of the Shettles method distasteful, annoying, or distracting from sexual pleasure? _____ If yes, please explain.

Did both husband and wife agree on the importance of using sex pre-election?

Yes, agreed equally _____

Wife wanted to use it more than husband _____

Husband wanted to use it more than wife _____

If one spouse had objections to the method, what were they? _____

Was your doctor aware that you were using these methods? _____

If yes, was he/she approving? _____ disapproving? _____

skeptical? _____ helpful? _____ indifferent? _____

Did you tell family and friends about your effort? _____

If yes, what was the reaction? _____

Did you have any religious qualms about using the method? _____

If yes, how did you resolve those qualms? _____

Have you ever spoken to your clergyman about these methods? _____

If yes, what was his/her reaction? _____

If you did not succeed in conceiving a child of the sex you desired, how would you rate your reaction?

Deep sorrow and marked disappointment _____

Moderate disappointment but no real sorrow _____

A little disappointment _____

No disappointment at all _____

If you did not succeed, do you plan to try again? _____

If yes, will you use the Shettles method again? _____

If you had not succeeded in conceiving a child of the sex you desired this time, would you have kept on trying until you did? In other

words, how many more times would you have tried, if any, before giving up? _____

If you do *not* now regard your family as complete, how many more children do you want and of which sex? _____

How did you hear about this book? _____

Is there anything in the book that you find confusing or believe needs clarification? _____

Two sets of questions follow—one for those who wanted boys, one for those who wanted girls.

Questions to be answered only by those who were trying for a BOY:

On which day of the menstrual cycle in which you became pregnant did you *first* have intercourse? _____

On which days thereafter did you have intercourse? (Give each day of the cycle, up to the day of suspected ovulation.) _____ On

which days of the cycle did you use condoms? _____ If you

did not use condoms, explain what, if anything, you used for birth control. _____

Did the intercourse that you believe resulted in pregnancy take place on the day of ovulation? _____ If you were using the BBT, did this intercourse take place the morning you believed you had recorded your

last low temperature before the abrupt rise? _____ Later in the day on which you believe you noted this last low temperature? _____

Did it take place the next morning? _____ If it was the next morning, had the upward shift in temperature taken place by then? _____

At what time of day or night did this intercourse occur? _____

If you were using the CM, did you note the “peak” symptoms at the time of this intercourse? _____ If not, explain what your CM symptoms were at the time of the intercourse that you believe resulted in

pregnancy. _____

For about how long after this intercourse did your "peak" CM symptoms continue? _____ In general, for how long, during most of your cycles, do your "peak" symptoms persist (in days or hours)? _____ Do your CM symptoms tend to be "regular" and repetitive from one cycle to another? (If no, explain.) _____

Did you use an ovulation prediction test kit to help you pinpoint your time of ovulation? _____ How long did you wait after you first detected the LH surge before you had intercourse in the attempt for the boy? _____ Were you testing twice a day with the kit? _____ For how long, if at all, after the day of suspected ovulation did you abstain from intercourse? _____ Did you use condoms when you resumed intercourse? _____

Did the husband avoid tight-fitting clothing prior to the attempt? _____

Did he drink coffee prior to the attempt? _____

Did the wife have orgasm? _____ If yes, did this precede the husband's orgasm? _____ Coincide with it? _____ Follow it? _____

Was penetration from the rear? _____

Was deep penetration at the time of male orgasm achieved? _____

Is there, on either side of the family, a predominance of one sex among offspring? _____ If so, explain. _____

Did you both want a boy with equal intensity, as far as you can tell? _____ If no, which of you wanted a boy more? _____

Why did you want a boy? _____

Questions to be answered only by those who were trying for a GIRL:

How many times did you have intercourse from the first day of your cycle up to the cutoff date prior to ovulation? _____

Did you use contraception on any of those days? _____

If yes, why did you use contraception? _____

At what time of day did you last have intercourse on the cutoff date? _____

Did you schedule the cutoff date a certain number of days from the probable time at which the *last low* temperature of the cycle would be recorded or from the day on which the *upward* temperature shift would probably be noted? _____

Did you initially schedule the cutoff date *three days* before suspected ovulation? _____

Did you succeed in becoming pregnant on this schedule? _____

If yes, how many attempts (cycles) did it take before you became pregnant? (Do not count practice cycles in which no serious effort was made to become pregnant.) _____

If you did not succeed in becoming pregnant with a three-day cutoff, how many times did you try before giving up and going to a shorter cutoff schedule? _____

If you didn't succeed at three days before ovulation, at what interval did you make the next attempt: two and one half days? two days? _____

Did you succeed using *this* cutoff interval? _____ If yes, how many cycles did it take before you became pregnant? _____

If no, at what interval *did* you finally become pregnant (whether with a boy or girl)? _____

How long did you abstain from intercourse *after* the cutoff date? _____

When you resumed sexual relations, did you use contraception? _____ If yes, what type did you use? _____

If you used the CM method (either alone or in conjunction with BBT), what were your CM symptoms on the last day on which you had intercourse prior to ovulation? _____

In general, do your CM symptoms tend to be regular and repetitive from cycle to cycle? (If no, explain.) _____

How soon after your last intercourse—prior to ovulation—did your CM symptoms “peak”? _____

Did you use one of the ovulation prediction test kits in your effort?

If so, which one? _____

For how many cycles and for how many days did you use the kit?

Did you test with the kit once or twice a day? _____

Did you find the test kit useful in helping you predict when you would ovulate and, if so, precisely how did you find it useful in your effort to conceive a girl? Please be specific and give us details, as we need more information on these kits when applied to sex selection. _____

Did the wife experience orgasm during any episode of intercourse during any attempt to achieve a girl? _____

Was the face-to-face position used during intercourse? _____

Did the husband succeed in shallow penetration at the time of orgasm?

Is there, on either side of the family, a predominance of one sex among offspring? _____ If so, explain. _____

Did you both want a girl with equal intensity, as far as you can tell? _____ If no, which of you wanted a girl more?

Why did you want a girl? _____

We may use information you have provided us in this questionnaire in the next edition of our book but will not use real names or addresses. Thank you for your help. Please use the space below for general comments.

