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	Occurences Unusual/special disturbances																																								
	Time																																								
Midcycle pain	37,5																																								
Breast symptoms	37,4																																								
	37,3																																								
Mucus abbreviation	37,2																																								
	37,1																																								
	37,0																																								
Basal body temperature	36,9																																								
	36,8																																								
	36,7																																								
	36,6																																								
	36,5																																								
	36,4																																								
	36,3																																								
	36,2																																								
	36,1																																								
	36,0																																								
Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Date:																																									
Menstruation																																									
Mucus	Sensation																																								
	Appearance																																								
Cervix	Position and opening																																								
	Firmness																																								
	Intercourse																																								
	Fertile Days																																								

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Cycle-no.* ☐☐

Temperature taken
rectal ☐
vaginal ☐
orally ☐

Earliest first higher temperature reading in the previous cycles ☐☐

Minus 8 ☐☐

Earliest first higher temperature reading in this cycle ☐☐

Do you intend to become pregnant in this cycle?
yes ☐
no ☐
undecided ☐

Malteser
...weil Nähe zählt.