sensiPLAN®

Occurences Unusual/special disturbances																																														
Time																																														
Midcyle pain Breast symptoms	37,5																																													
	37,4																																													
	37,3																																													
	37,2																																													
Mucus abbreviation	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																																														
Mucus Appearance																																														
Cervix Position and opening																																														
Cervix Firmness																																														
Intercourse																																														
Fertile Days																																														

Cycle-no°. ☐☐☐

Temperature taken
R ☐
V ☐
O ☐

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.

Arbeitsgruppe NFP ©