sensiPLAN®

Occurences Unusal/special disturbances																																											
Time																																											
Midcycle pain	37,5																																										
Breast symptoms	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																																										
	Appearance																																										
Cervix	Position and opening																																										
	Firmness																																										
Intercourse																																											
Fertile Days																																											

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.