England

sensiPLAN®

Midcycle pain Breast tenderness																																											
Basal body temperature / Mucus code	37,5																																										
	37,4																																										
	37,3																																										
	37,2																																										
	37,1																																										
	37,0																																										
	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 the next cycle?
- yes ☐
- no ☐
- undecided ☐

Malteser
...weil Nähe zählt.

Arbeitsgruppe NFP ©