

# CYCLE CHART medulla

MM/YY

Vagina

Rectum

Mouth

Cycle nr.

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																																																		
Moon																																																		
Disturbances, notes, events																																																		
Time																																																		
Basal Body Temperature °C	37.6																																																	
	37.5																																																	
	37.4																																																	
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	36.2																																																	
36.1																																																		
36.0																																																		
Blood																																																		
Mucus	M +																																																	
	M																																																	
	m																																																	
	∅																																																	
Breast pain																																																		
Pelvic pain																																																		
Intercourse																																																		

