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Body Temperature & Menstrual Tracking

Name:

Month / Year

Menstruation																																
Mucucs																																
Sensation																																
Appearance																																
Abdominal pain																																
Spotting																																
sensative breasts																																
Night sweats																																
other symptoms																																
intercourse disturbance																																
day of cycle	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
day of month																																
celsius 38																																
37.8																																
37.6																																
37.4																																
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37																																
36.8																																
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36.4																																
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36																																
35.8																																
35.6																																
35.4																																
35.2																																
35																																

Sensation
D: dry
M: moist
W: wet
L: lubrication
S: sticky

Appearance
O: opaque
TR: transparent
C: cloudy
LQ liquid
WH white
Y: yellow