gaia naturopathic clinic
where nature meets science

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Body Temperature & Menstrual Tracking

Name:

Month / Year

	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
Menstruation																																	
Mucucs																																	
Sensation																																	
Appearance																																	
Abdominal pain																																	
Spotting																																	
sensative breasts																																	
Night sweats																																	
other symptoms																																	
intercourse disturbance																																	
day of cycle																																	
day of month																																	
celsius																																	
38																																	
37.8																																	
37.6																																	
37.4																																	
37.2																																	
37																																	
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Sensation
D: dry
M: moist
W: wet
L: lubrication
S: sticky

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