Geratherm® basal

name: _____

physician: _____

usual time between periods: _____ days

usual length of periods: _____ days

cycle _____ year _____ month _____ day ____

1st day of menstruation ↓

	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	41	42
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