# Zykluskalender

Ihr Zyklus als Kurve – ein Punkt pro Tag, die Punkte verbinden

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Privatpraxis Pfaffenweiler bei Freiburg

Name: _____ Zyklusbeginn (Tag 1 der Blutung): _____

| | | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Zyklustag** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Datum | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Blutung** | stark | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | mittel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | leicht | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Schmier | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Basal-temperatur (°C, optional)** | 37,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Stimmung** | 3 stark | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 mittel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1 leicht | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 0 keine | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Schmerz** | 3 stark | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 2 mittel | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 1 leicht | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 0 keine | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Schlaf (Std.)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Bewegung (Min.)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Eisprung-zeichen (x)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Besonderes** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**So geht es:** Tag 1 ist der erste Tag mit richtiger Blutung. Tragen Sie einmal am Tag ein, am besten abends: in den Feldern mit Stufen setzen Sie einen Punkt in die passende Zeile und verbinden die Punkte zu einer Kurve. In die einzeiligen Felder schreiben Sie die Zahl oder ein x. Die Temperatur messen Sie morgens vor dem Aufstehen. **Eisprungzeichen:** klarer, spinnbarer Schleim oder positiver LH-Test. Bringen Sie den Kalender zum Termin mit, auch wenn er nicht vollständig ist.