



MEIN ZYKLUS

ZEICHEN MEINER FRUCHTBARKEIT

| NAME | | | | | | | | | | | ALTER | | | | | | | | | | BLATT NR | | | | | | | | | | | | | | | | | | |
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| Datum | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Die Sprache meines Körpers beschreibend entdecken | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 37,5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 36,9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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ZEICHENERKLÄRUNG

t : trocken
 ∅ : nichts gesehen
 und nichts gespürt

w : weißlich, meist dicklich, trüb, klebrig, zäh
 kl : klumpig, klebrig, pickt aneinander
 gbl : gelblich, dünnflüssiger
 g : deutlich gelb, klumpig, fest

EW : wie Eiweiß des rohen Eies (Eiklar), auch weißlich-trüb durchscheinend, dehnbar
 gl : glasklar durchsichtig, ausziehbar
 fl : dünnflüssig wie wegrinnendes Wasser | Dehnbarkeit nicht mehr prüfbar
 ns : Empfinden von Nässe und Glattheit am Scheideneingang

Hatte dieser Zyklus eine Temperaturhochlage? Ja Nein