**טבלה מס' _____**

חודש _____ שנה _____ מחזור קצר ביותר _____ מחזור ארוך ביותר _____ מחזור נוכחי _____

| יום המחזור | 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 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| יום בשבוע | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| תאריך | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| מידת חום | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 |
| | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 |
| | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 |
| | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 |
| | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** | **37** |
| | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 |
| | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 |
| | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 |
| | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 |
| | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 | .75 |
| | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 | .70 |
| | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 | .65 |
| | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 | .60 |
| | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 | .55 |
| | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 | .50 |
| | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 | .45 |
| | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 | .40 |
| | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 | .35 |
| | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 | .30 |
| | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 | .25 |
| | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 | .20 |
| | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 | .15 |
| | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 | .10 |
| | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 | .05 |
| | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** | **36** |
| | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 | .95 |
| | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 | .90 |
| | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 | .85 |
| | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 | .80 |
| חלון פוריות | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **סמני בעיגול יחסי מין** | **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** |
| אמצעי מניעה | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| יום שיא צוואר הרחם | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| גבוה/נמוך | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| פתוח/סגור | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| קשה/בינוני/רך | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| יום שיא הפרשה | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| סימן הפרשה * (*) - ל (פ) (ב) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| תיאור הפרשה: מרקם | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| תחושה | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| כתם | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ריח | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| טעם | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| צבע | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| התנהגות: מתח, עצבנות, מריבות | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| עצב, בכי, דיכאון | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| שמחה/חרדה | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| בהירות מילולית, ריכוז, השראה, אמנות, אינטואיציה | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| שקט פנימי (תפילה, מדיטציה) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| שינה, חלומות | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| כאבים ותופעות פיזיות: כאבים: גב, רגליים, ידיים, שדיים | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| נפיחות: בטן, רגליים, ידיים, שדיים | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| בחילות, התכווצויות, שלשול, עצירות | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| שינויים בקול, טון דיבור | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| תשישות, מחלה, תרופות | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ריח גוף, זיעה | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| עור (מבריק, אקנה, פריחות) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| שיער (חלק, יפה, גמיש) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| עלייה במשקל, רעב, חשק למתוק | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| כאבי ביוץ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| חשק מיני | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| אירועים בחיים | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| אחר: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| ○ | ס | ● |
| ר | ב | ק |

**תיאור הפרשה:**

- **פורייה ביותר** (ב): חלקלק, רטוב, מימי, שקוף,חלבון ביצה
- **פורייה** (פ): קרמי, חלבי, חלק, רטוב, לבן/שקוף
- **לא פורייה** (ל): דביק, פירורי, צמיגי, כבד, גושי, מתפרק, צהוב/לבן