Melanie Peters
acupunctuur
voor vrouwen

# Basale temperatuurcurve

www.acupunctuurvoorvrouwen.com

Datum 1e cyclusdag:

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**Menstruatie dag (1-7)**

Kleur menstruatiebloed:

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Hoeveelheid menstruatiebloed:

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Bijzonderheden zoals pijn, stolsels:

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.....

Noteer hier bijzonderheden zoals slecht slapen, ziek zijn, PMS klachten etc.:

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Manier van meten: ❍ rectaal ❍ oraal

1. Gebruik een digitale thermometer.
2. Als je wakker wordt, neem je direct de temperatuur op. Niet eerst naar het toilet of iets drinken.
3. Bij voorkeur op hetzelfde tijdstip, maar je hoeft de wekker er niet voor te zetten.
4. Dag 1 is de eerste menstruatiedag met een rode kleur.
5. Zet een stip bij de temperatuur van die dag. Je kunt de stipjes verbinden tot een lijn.
6. Ongesteld geworden? Dan start je met een nieuw schema.

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| 37,5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,1 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 36,3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36,2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 36,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35,9 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Cyclusdag | 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 |
| Menstruatie | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Vruchtbaar slijm | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gemeenschap | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |