

2019

# March 3

# April 4



| OV   | °C   | 3<br>1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9<br>10<br>11<br>12<br>13<br>14<br>15<br>16<br>17<br>18<br>19<br>20<br>21<br>22<br>23<br>24<br>25<br>26<br>27<br>28<br>29<br>30<br>31 | 金<br>土<br>日<br>月<br>火<br>水<br>木<br>金<br>土<br>日<br>月<br>火<br>水<br>木<br>金<br>土<br>日<br>月<br>火<br>水<br>木<br>金<br>土<br>日<br>月<br>火<br>水<br>木<br>金<br>土<br>日 | 4<br>1<br>2<br>3<br>4<br>5<br>6<br>7<br>8<br>9<br>10<br>11<br>12<br>13<br>14<br>15<br>16<br>17<br>18<br>19<br>20<br>21<br>22<br>23<br>24<br>25<br>26<br>27<br>28<br>29<br>30 | °C | OV   |    |
|------|------|--|---|--|----|------|----|
| 5    | 2    |  |   |  |    |      | 5  |
| 4    |      |  |   |  |    |      | 4  |
| 3    |      |  |   |  |    |      | 3  |
| 2    |      |  |   |  |    |      | 2  |
| 1    |      |  |   |  |    |      | 1  |
| 30   | 37.0 |  |   |  |    |      | 30 |
| 9    |      |  |   |  |    |      | 9  |
| 8    |      |  |   |  |    |      | 8  |
| 7    |      |  |   |  |    |      | 7  |
| 6    |      |  |   |  |    |      | 6  |
| 5    |      |  |   |  |    |      | 5  |
| 4    |      |  |   |  |    |      | 4  |
| 3    |      |  |   |  |    |      | 3  |
| 2    |      |  |   |  |    |      | 2  |
| 1    |      |  |   |  |    |      | 1  |
| 20   | 5    |  |   |  |    |      | 20 |
| 9    |      |  |   |  |    |      | 9  |
| 8    |      |  |   |  |    |      | 8  |
| 7    |      |  |   |  |    |      | 7  |
| 6    |      |  |   |  |    |      | 6  |
| 5    |      |  |   |  |    |      | 5  |
| 4    |      |  |   |  |    |      | 4  |
| 3    |      |  |   |  |    |      | 3  |
| 2    |      |  |   |  |    |      | 2  |
| 1    |      |  |   |  |    |      | 1  |
| 10   | 36.0 |  |   |  |    |      | 10 |
| 9    |      |  |   |  |    |      | 9  |
| 8    |      |  |   |  |    |      | 8  |
| 7    |      |  |   |  |    |      | 7  |
| 6    |      |  |   |  |    |      | 6  |
| 5    |      |  |   |  |    |      | 5  |
| 4    |      |  |   |  |    |      | 4  |
| 3    |      |  |   |  |    |      | 3  |
| 2    |      |  |   |  |    |      | 2  |
| 1    |      |  |   |  |    |      | 1  |
| 月経周期 |      |  |   |  |    | 月経周期 |    |
| 記号   |      |  |   |  |    | 記号   |    |
| 備考   |      |  |   |  |    | 備考   |    |

記号： 月経 × 排卵痛 △ 不正出血 ▲ 性交 ○ おりもの +