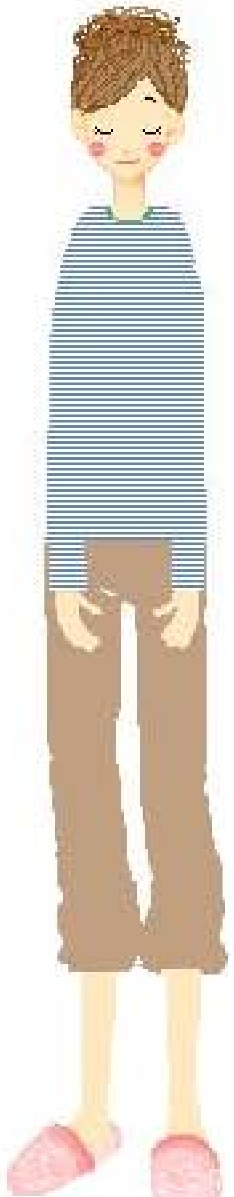
# 基礎体温表



| 日付 | |
|---|---|
| ov | ℃ |
| 4 | 37.2 |
| 3 | |
| 2 | 37.1 |
| 1 | |
| 30 | 37 |
| 9 | |
| 8 | 36.9 |
| 7 | |
| 6 | 36.8 |
| 5 | |
| 4 | 36.7 |
| 3 | |
| 2 | 36.6 |
| 1 | |
| 20 | 36.5 |
| 9 | |
| 8 | 36.4 |
| 7 | |
| 6 | 36.3 |
| 5 | |
| 4 | 36.2 |
| 3 | |
| 2 | 36.1 |
| 1 | |
| 10 | 36 |
| 9 | |
| 8 | 35.9 |
| 7 | |
| 6 | 35.8 |
| 5 | |
| 4 | 35.7 |
| 3 | |
| 2 | 35.6 |
| 1 | |
| 0 | 35.5 |
| | 35.4 |
| | 35.3 |
| | 35.2 |
| | 35.1 |
| 月経周期 | |
| 記号 | |

| 日付 | 特記事項 |
|---|---|
| | |

記号：月経痛 ×　排卵痛 △　不正出血 ▲　性交 ○　おりもの ＋