Polskie Stowarzyszenie Nauczycieli Naturalnego Planowania Rodziny

# KARTA OBSERWACJI CYKLU

po odstawieniu tabletek hormonalnych

Danuta l. 26

styczeń

| Data: | grudzień | 15 | | 17 | | 19 | | 21 | | 23 | | 25 | | 27 | | 29 | | 31 | | 2 | | 4 | | 6 | | 8 | | 10 | | 12 | | 14 | | 16 | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Temperatura | 37,40°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,35°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,30°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,25°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,20°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,15°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,10°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,05°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 37,00°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,95°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,90°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,85°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,80°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,75°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,70°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,65°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,60°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,55°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,50°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,45°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,40°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,35°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,30°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,25°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,20°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,15°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,10°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,05°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 36,00°C | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dzień cyklu | | 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 |
| Krwawienie/Plamienie | | K | K | K | K | K | | | | | | | | | | | | | | | | | | | | | | | | | K | | | | | | | | | | | |
| Śluz | odczucie | | | | | | sucho | –II– | wilgotno | –II– | sucho | lepko | — | sucho | wilgotno | –II– | — | sucho | –II– | lepko | –II– | wilgotno | mokro | wilgotno | –II– | sucho | –II– | –II– | –II– | –II– | | | | | | | | | | | |
| | wygląd | | | | | | \| | \| | \| | \| | \| | lepki | \| | gęsty | \| | lepki | \| | gęsty | –II– | rozciągliwy | –II– | gęsty | –II– | \| | \| | \| | \| | | | | | | | | | | |
| Szyjka | pozycja rozwarcie | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | twardość | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ból owulacyjny | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Napięcie w piersiach | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Zakłócenia | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DNI PŁODNE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Współżycie | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

**Cykl nr** 2

**Numer kolejnej karty cyklu**

**Ostatni dzień miesiączki**

**Najkrótszy cykl minus 21/20**

**Dzień wystąpienia pierwszego śluzu**

**Dzień wystąpienia śluzu wysoce płodnego**

**Dzień szczytu objawu śluzu**

**Dzień szczytu objawu śluzu + 3**

**Dzień szczytu objawu szyjki**

**Dzień szczytu objawu szyjki + 3**

**Trzeci dzień temperatury powyżej linii pokrywającej**

**Długość fazy lutealnej**

**Długość cyklu**

**Najwcześniejszy skok** (piewszy dzień wyższej temp.)

**Najdłuższy z ostatnich** [ ] **cykli**

**Najkrótszy z ostatnich** [ ] **cykli**

**Godzina pomiaru temperatury** 9 00

**Miejsce pomiaru temperatury:**
usta [V] odbyt [ ] pochwa [ ]

**Wzrost temperatury w poprzednim cyklu:**
tak [ ] nie [V]