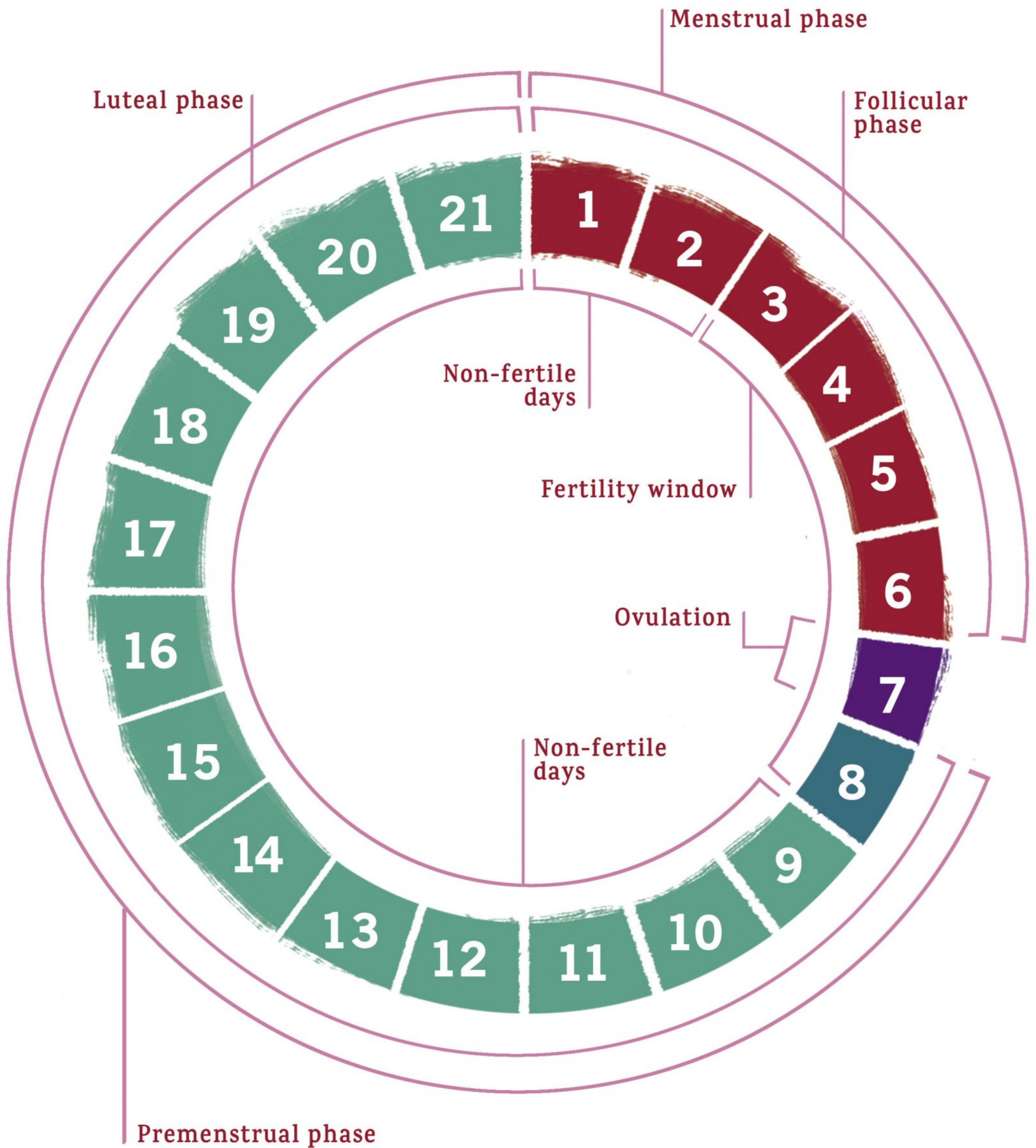


MENSTRUAL CYCLE CALENDAR



DEVELOPED BY:



SEX

www.sexus.org
sexus@abd-ong.org



SUPPORT BY:

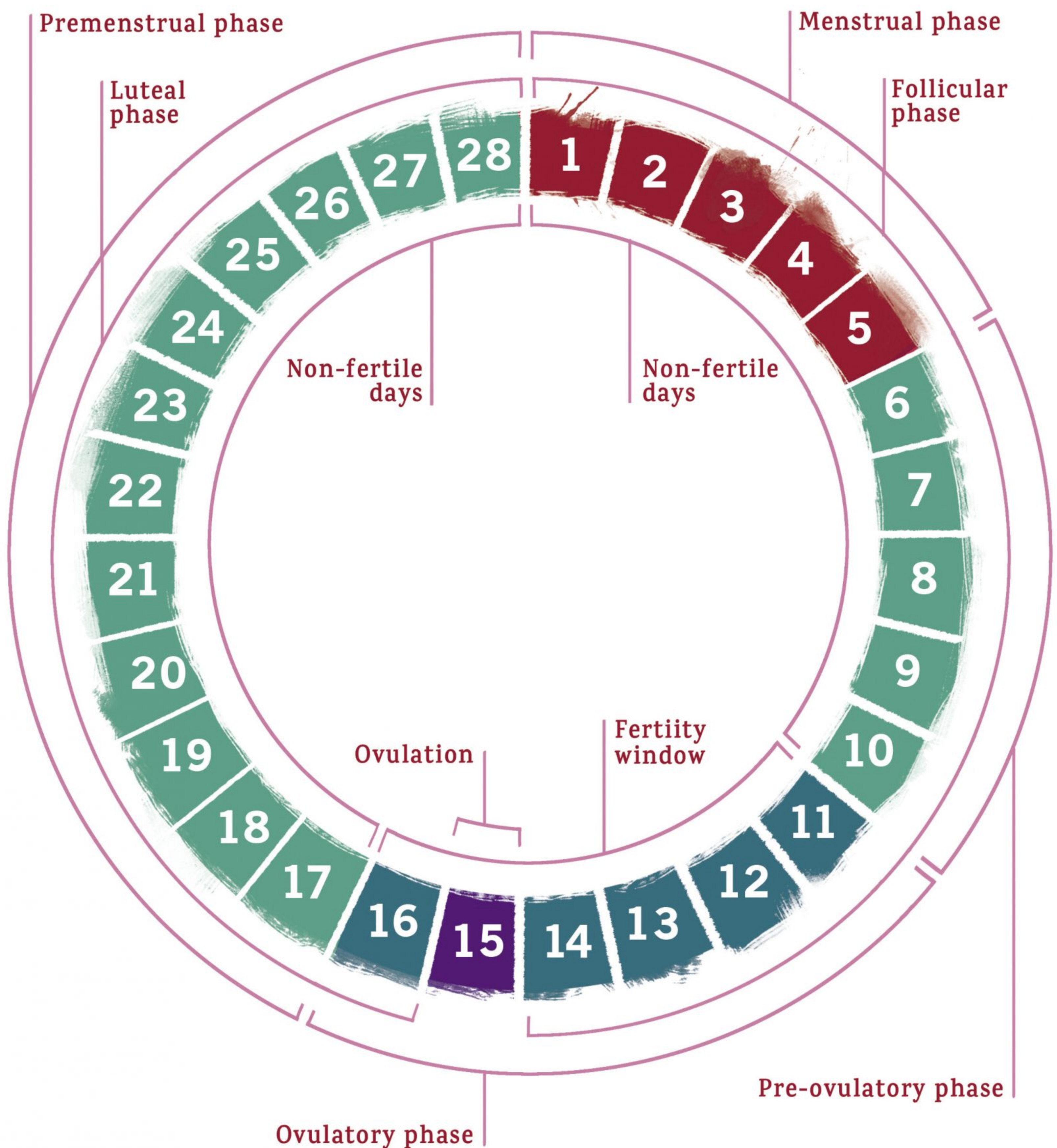


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MENSTRUAL CYCLE CALENDAR



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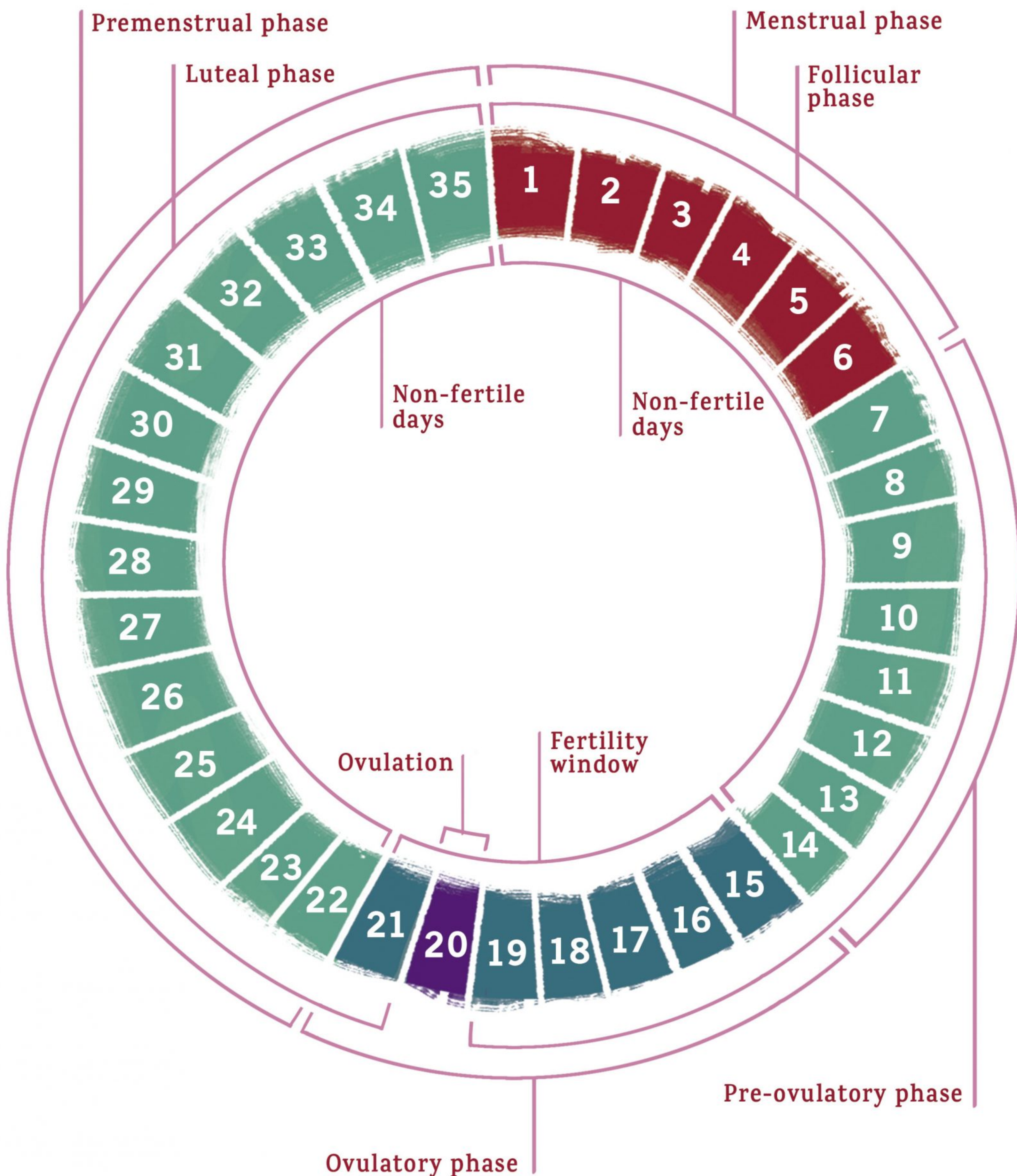


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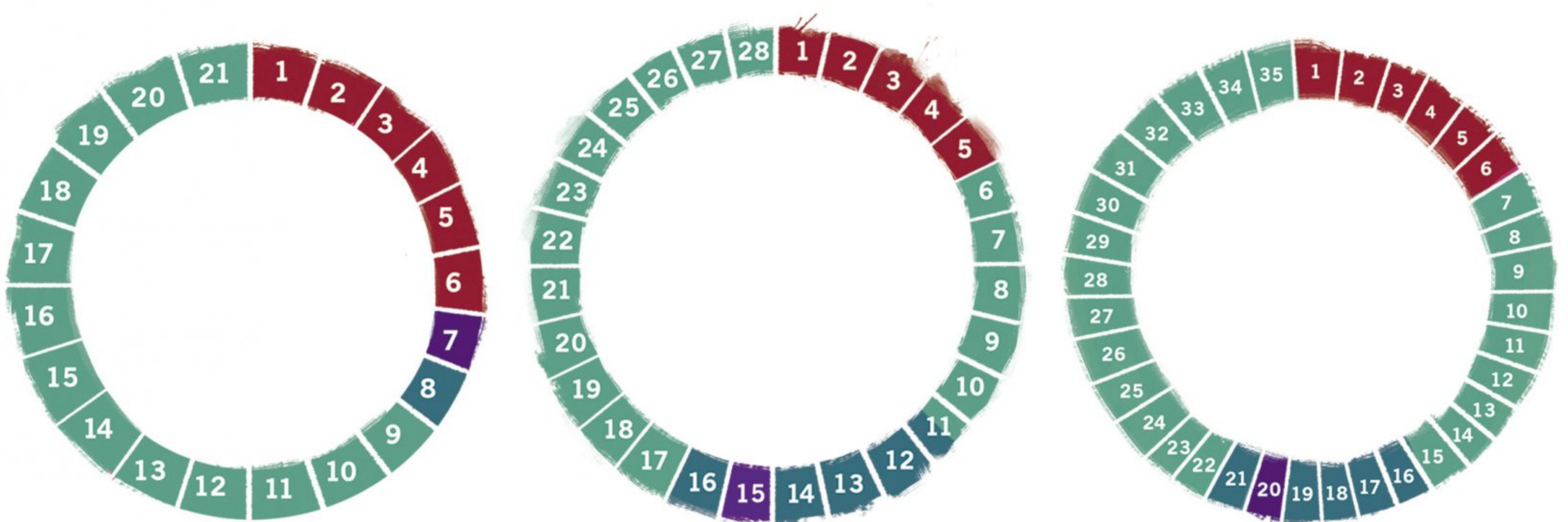
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MENSTRUAL CYCLE CALENDAR

The menstrual cycle has 4 phases: menstrual, ovulatory, pre-ovulatory pre-menstrual. these phases are not accurate, they are approximate and are a way of dividing the cycle that helps us to understand it. However, these phases do not have fixed end and beginning days, but are approximate. The phases refer to different changes that occur in the reproductive system but we do not have to associate them with fertility, it depends on many factors:

- **Cycle length:** some phases that in long cycles are not fertile (menstrual phase), in short cycles can be fertile (menstrual phase), fertility depends not only on the egg but on the climate of the uterus (hormones, cervical mucus, endometriosis, ph, etc...).
- The sexual practices.
- Sperm status at the time of sexual practice.

Therefore, we find variable and other phases that are more fixed. The menstrual phase and the preovulatory are part of the follicular phase, and the premenstrual phase would be in the luteal phase. We can observe that in short cycles menstruation can be given together with ovulation, so there may be possibility of fertilization, although the general conditions are not optimal.



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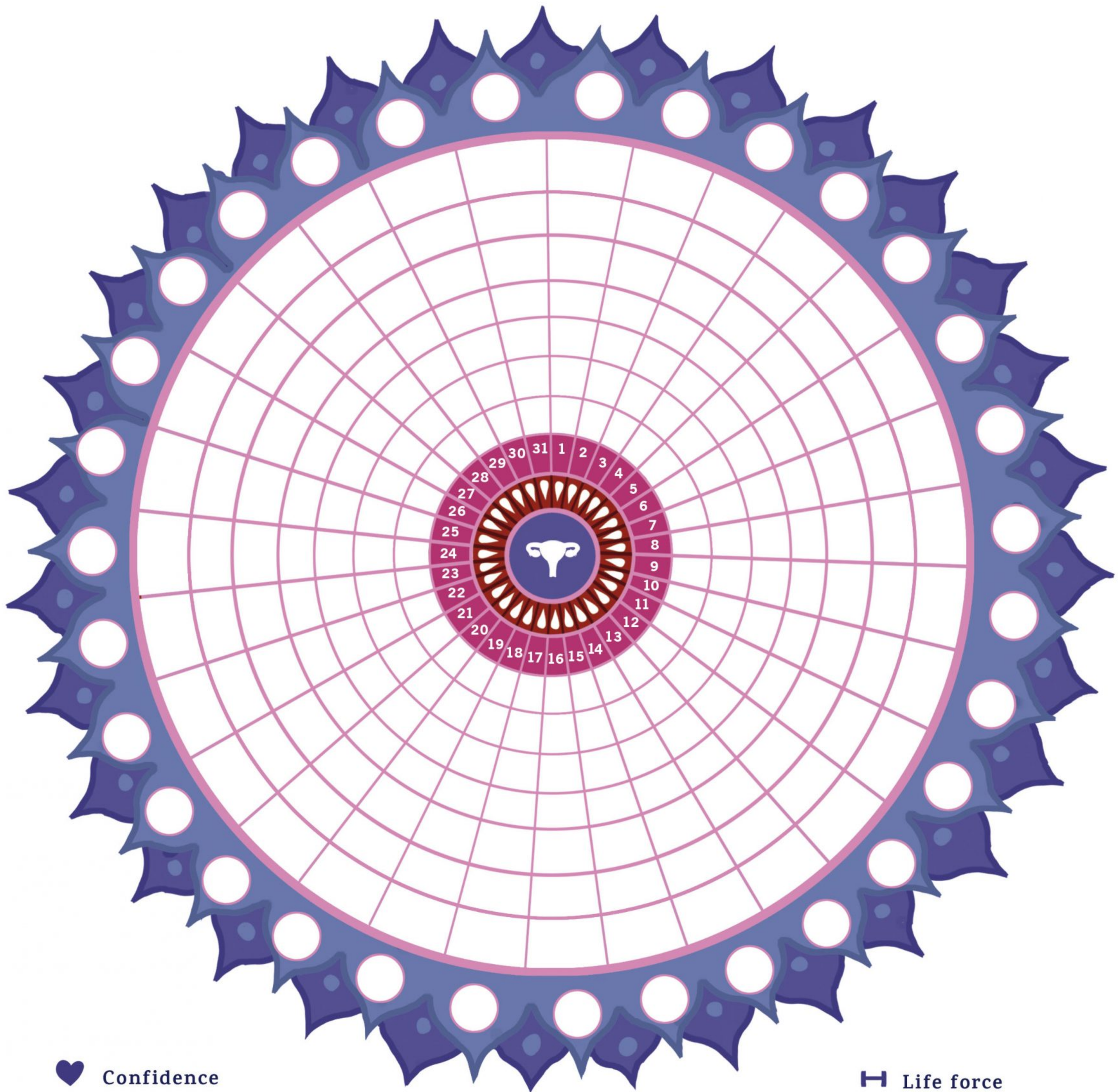


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KNOW YOUR MENSTRUAL CYCLE



♥ Confidence

💧 Bleeding

👁️ Intuition

☺️ Tranquility

● Full

😊 Joy

🔥 Libido

🌿 Sexual relationship

○ New

☹️ Sadness

👁️ Ovulation

🌀 Introspection

🌙 Rising quarter

⚡ Life force

★ Irritation

⚡ Cramps

⋯ Acne

🌙 Waning moon

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MENSTRUAL CYCLE CALENDAR

YEAR/MONTH:

CYCLE LENGTH:

HOUR TEMPERATURE:

DATE		MENSTRUAL CYCLE DAY																																			
		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
	37,4																																				
	37,3																																				
	37,2																																				
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MENSTRUATION																																					
MOCUS	 DRY																																				
	 WET																																				
CERVIX																																					
																																					
SEXUAL PRACTICES																																					
INCIDENTS																																					

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MENSTRUAL CYCLE CALENDAR

Mesure the basal temperature every morning, every day and paint the box corresponding to the degrees. A chart will be created that will allow you to compare every month. In the upper and lower spaces of the graph you can indicate possible causes that cause temperature changes (e.g. if you took alcohol or other drugs, if you have fever, if you slept less than 4 hours...).

In the "menstruation" row, point out the days you have menstrual bleeding.

To find out the condition of your cervical mucus look at the role of the toilet when you clean up, tap to see if there is cervical mucus with your fingers and see if it is elastic (like raw egg white), rather pasty or no mucus. You can also look at your underwear to watch cervical mucus.

If you notice that mucus is elastic when separating your fingers, paint in the top of the square. If, on the other hand, the mucus is drier, paint the bottom square. On days you have sexual practices, write them down in the back row. Remember that masturbation is also a sexual practice.



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