年　　月

# 基礎体温表

| 記　号 | 生理× | おりもの＋ | 性交○ |
|---|---|---|---|

| ov | ℃ | ℃ | ov |
|---|---|---|---|
| 34 | .20 | .20 | 34 |
| 32 | .10 | .10 | 32 |
| 30 | 37.00 | 37.00 | 30 |
| 28 | .90 | .90 | 28 |
| 26 | .80 | .80 | 26 |
| 24 | .70 | .70 | 24 |
| 22 | .60 | .60 | 22 |
| 20 | .50 | .50 | 20 |
| 18 | .40 | .40 | 18 |
| 16 | .30 | .30 | 16 |
| 14 | .20 | .20 | 14 |
| 12 | .10 | .10 | 12 |
| 10 | 36.00 | 36.00 | 10 |
| 8 | .90 | .90 | 8 |
| 6 | .80 | .80 | 6 |
| 4 | .70 | .70 | 4 |
| 2 | .60 | .60 | 2 |
| 0 | 35.50 | 35.50 | 0 |

| | | |