Frequency of breastfeeding	
Breastfeeds at night	
Supplements	
Interferences, disturbances/ special circumstances	
Time	
Midcycle pain	
Breast tenderness	
37,5	
37,4	
37,3	
37,2	
37,1	
Mucus abbreviations	
37,0	
36,9	
36,8	
36,7	
36,6	
36,5	
36,4	
36,3	
36,2	
36,1	
36,0	
Day after delivery	
Date	
Lochia/ Menstruation	
Cervical Mucus: Sensation	
Cervical Mucus: Appearance	
Cervix: Position and opening	
Cervix: Firmness	
Intercourse	
Fertile Days	

Basal body temperature

sensiPLAN®

After Childbirth

Cycle-no° ☐☐☐

Temperature taken

R ☐
V ☐
O ☐

Delivery

☐☐ ☐☐ ☐☐
M M D D Y Y

First higher temperature reading in this cycle

☐☐☐

Do you intend to become pregnant in this cycle?

yes ☐
no ☐
undecided ☐

Malteser
…weil Nähe zählt.

Arbeitsgruppe NFP©