

CYCLUS DAGBOEK



| Dag | Cyclus Dag | Symptomen | | | Opmerkingen |
|-----|------------|-----------|------------|---------------|-------------|
| | | Fysiek | Emotioneel | Energie (1-5) | |
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| De menstruatie | | | | | | | |
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| Datum | Cyclus Dag | Flow | | | Mood | | |
| | | 👉 | 👉👉 | 👉👉👉 | ☀️ | 😊 | ☹️ |
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| Balans algemeen | |
|-----------------|-----------------|
| Positieve dagen | Negatieve dagen |
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Hoe omschrijf je deze cyclus?
