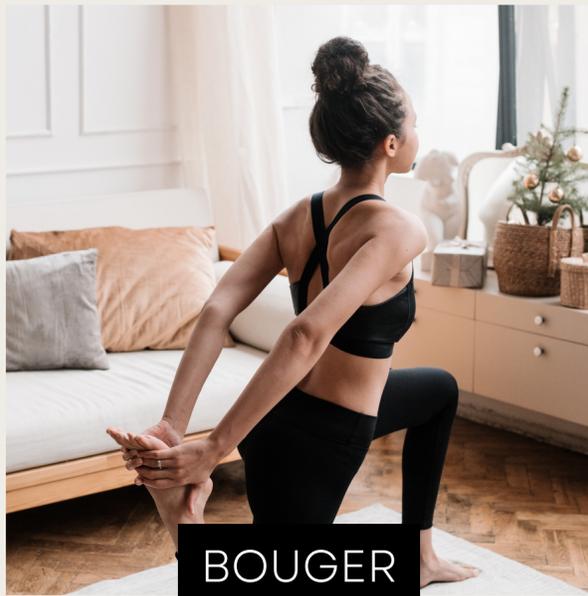
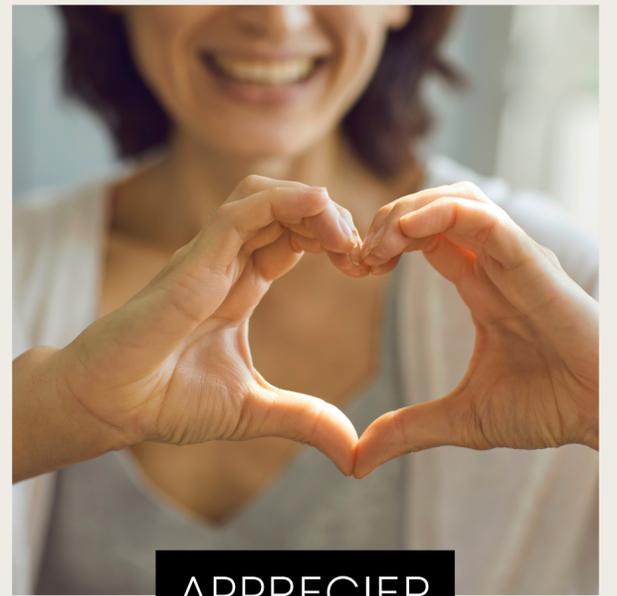




PARTAGER



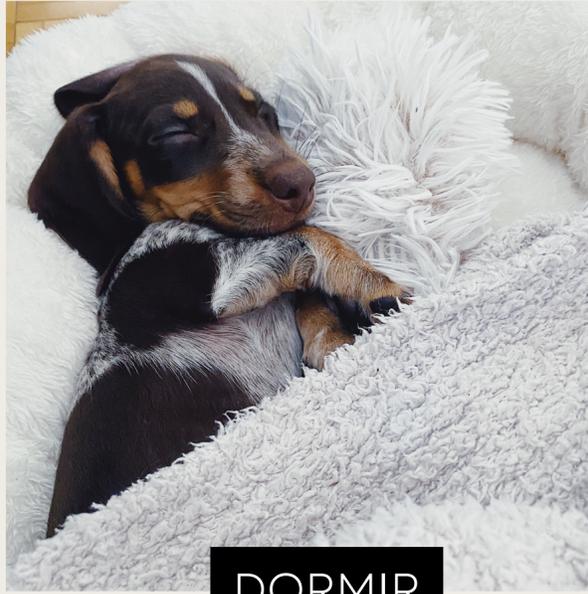
BOUGER



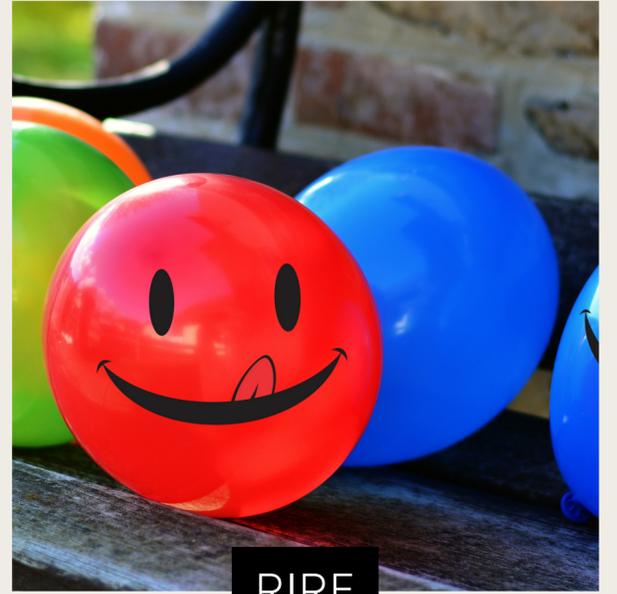
APPRECIER



APPRENDRE



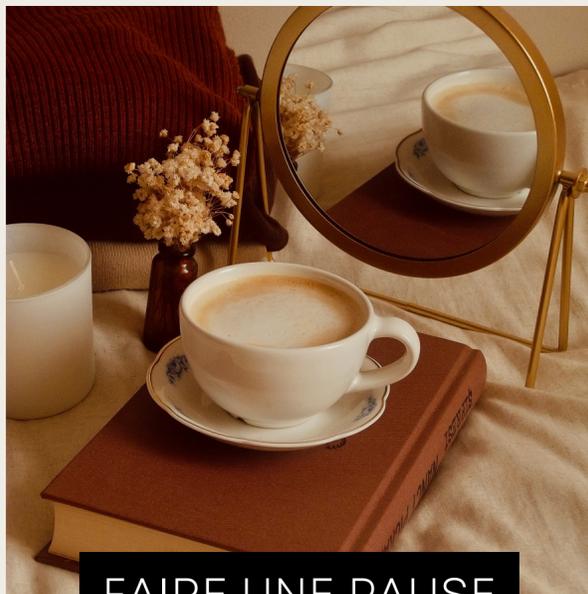
DORMIR



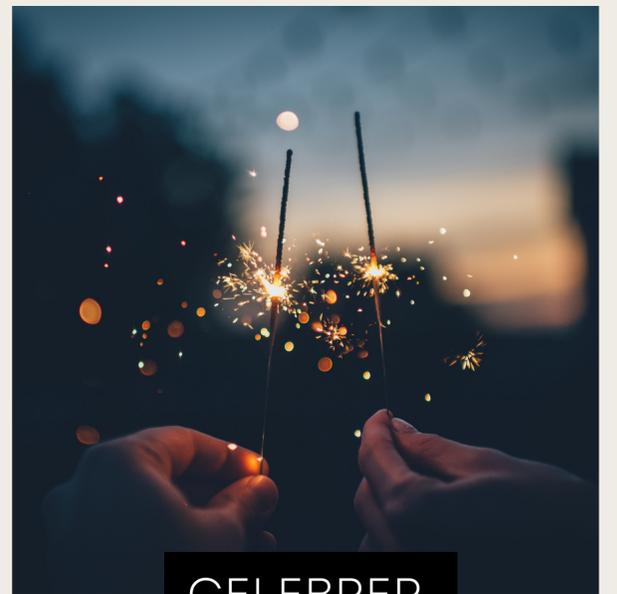
RIRE



ETRE CREATIF



FAIRE UNE PAUSE



CELEBRER

Mon Journal

MON BIEN ÊTRE

Bilan de sa Journée

| Date | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | Bilan |
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Joyeuse



Déprimée



Embarras



Triste



Nerveuse



En colère

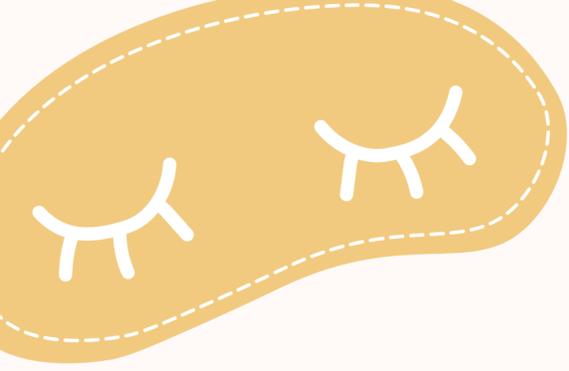


Emerveillée



Malade

Une couleur selon votre état psychique de la journée à mettre dans le tableau



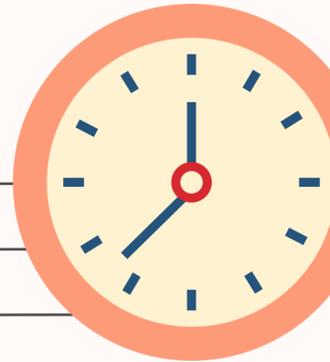
sommeil

Mois de :

Nombre d'heure à cocher, puis noter qualité du sommeil



0 insomnie, 1 mauvaise, 2 fatiguée au réveil,
3 moyenne, 4 bonne, 5 excellente



| Date | 01 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | 12 | Qualité sommeil |
|------|----|----|----|----|----|----|----|----|----|----|----|----|-----------------|
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Mois de :

Cycle Menstruel



| Date | FLUX | Migraine | Fringale gras | Fringale sucre | Fringale salé | douleurs seins | diarrhée D+ | Constipation C- | Ballonnement | Achée | Crampes | Fatigue | Autre |
|------|------|----------|---------------|----------------|---------------|----------------|-------------|-----------------|--------------|-------|---------|---------|-------|
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| J2 | | | | | | | | | | | | | |
| J3 | | | | | | | | | | | | | |
| J4 | | | | | | | | | | | | | |
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| J13 | | | | | | | | | | | | | |
| J14 | | | | | | | | | | | | | |
| J15 | | | | | | | | | | | | | |
| J16 | | | | | | | | | | | | | |
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| J29 | | | | | | | | | | | | | |
| J30 | | | | | | | | | | | | | |
| J31 | | | | | | | | | | | | | |

-  Spotting
-  léger
-  important
-  hémorragique

