



BENATURAL  
FERTILITY WELLNESS

## Couple's Fertility Awareness

### Basic Information

|  | Wife                                       | Husband                       |
|--|--|-------------------------------|
| Name   | Li Lin WEE                                 | Charles Lim                   |
| Age  | 44   | 44                            |
| Address  | 24 Ewart Park<br><del>S(25)</del> (279761) | 24 Ewart<br>Park<br>S(279761) |
| Mobile No.   | 9185 2092                                  | 9185 0545                     |
| Email  | lilinwee@gmail.com                         |                               |
| Race / Religion                                    | Chinese -                                  | Chinese                       |
| Nationality  | Singaporean                                | Singaporean                   |
| Occupation   | Filmmaker/Teacher                          | Artist                        |
| Number of hours worked / day                       | 15-20                                      | 20-25                         |
| Relaxation Time hours / day                        | 3  | 4                             |
| We have been married for                           | 13 years 2 months                          |                               |
| We have been trying for                            | 2 years months                             |                               |
| How often do you have sexual intercourse per week? | times 1 / month                            |                               |

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Married: 13 years

Trying to get pregnant: 2 years

|                               |                                     |
|-------------------------------|-------------------------------------|
| <b>WIFE NAME: Li Lin Wee</b>  | <b>HUSBAND: Charles Lim Yi Yong</b> |
| Age: 44 years old             | Age: 44 years old                   |
| Nationality: Singaporean      | Nationality: Singaporean            |
| Occupation: Filmmaker/Teacher | Occupation: Artist                  |
| Number of hours work: 15      | Number of hours work: 20            |

**WIFE:**

**PHYSICAL DETAILS:**

|                        |       |
|------------------------|-------|
| Height:                | 167cm |
| Weight:                | 66.60 |
| Body Mass Index (BMI): | 24.7  |

**MENSTRUATION:**

|              |                              |
|--------------|------------------------------|
| Menstruation | regular                      |
| Cycle length | 28 days ( flowing- 5-6 days) |
| Dysmenorrhea | Mild                         |
| Menorrhagia  | D1-D2                        |

**MEDICAL HISTORY:**

|                  |   |
|------------------|---|
| High Cholesterol | No  |
| Drug Allergies   | NKDA  |
| Other allergies  | Alcohol, oyster sauce,MSG,Curry, Preservatives. |

**LIFESTYLE:**

|                         |                 |
|-------------------------|-----------------|
| Exercise                | 30 minutes /day |
| Smoking                 | No              |
| Alcohol consumption     | No              |
| Caffeine                | No              |
| Supplements consumption | No              |
| Balanced diet           | No              |