



BENATURAL
FERTILITY WELLNESS

26/8/19 ✓

Couple's Fertility Awareness

Basic Information

	Wife	Husband
Name	Kristen Lim	Elan Lim
Age	31	33
Address	Blk 10a Bood Tong Road # 20-517 (S) 160010	→ "
Mobile No.	92233396	98427146
Email	kristenlim@hotmail.sg	elan.lim@gmail.com
Race / Religion	Chinese	Chinese
Nationality	Singaporean	Singaporean
Occupation	Product specialist	Patent Engineer Patent
Number of hours worked / day	8	10-12
Relaxation Time hours / day	4	3
We have been married for	0 years 2 months	
We have been trying for	0 years 2 months	
How often do you have sexual intercourse per week?	avg 1 times	



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Wife

Physical details		
Height	m	
Weight	48	kg 47.65 ^{1/2}
BMI = (Weight) / (Height) ²	17.2	
Blood Pressure	109 / 62	mmHg
Pulse	60	bpm
Drug allergies	<input checked="" type="checkbox"/> Not known	<input type="checkbox"/> Yes
- If yes, what type of allergy and reaction?		
Pregnancy history		
Number of previous abortions		
Number of previous miscarriages		
Number of previous full-term pregnancies		
Menstruation		
Age of first menstruation	15 years old	
Is your menstruation regular?	<input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes
Cycle length	Flowing for 5 days	
	for every 20 - 30 days	
Are your menstruations painful?	<input type="checkbox"/> No	<input type="checkbox"/> Mild
	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Do you have heavy menstruation (soaked pad change hourly)?	<input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes
Which day of your cycle is it the heaviest?	D2 day	
Do you have any bleeding between periods?	<input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes
Do you miss your period regularly?	<input type="checkbox"/> No	<input type="checkbox"/> Yes
1 on 2 mnts		
Sexual intercourse		
Do you experience pain during intercourse?	<input type="checkbox"/> No	<input type="checkbox"/> Yes

deceased coffee - 1 cup - no sugar
F - DM HPN
M - Ca - breast

thyroid X