

SEXUAL HEALTH: FREQUENCY OF INTIMACY JOURNAL

Use this journal page to keep track of your sexual experience. It will help you and your doctor evaluate your return to sexual health, and help to determine the best solution for you.

S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
WEEK 1							WEEK 18							WEEK 35						
WEEK 2							WEEK 19							WEEK 36						
WEEK 3							WEEK 20							WEEK 37						
WEEK 4							WEEK 21							WEEK 38						
WEEK 5							WEEK 22							WEEK 39						
WEEK 6							WEEK 23							WEEK 40						
WEEK 7							WEEK 24							WEEK 41						
WEEK 8							WEEK 25							WEEK 42						
WEEK 9							WEEK 26							WEEK 43						
WEEK 10							WEEK 27							WEEK 44						
WEEK 11							WEEK 28							WEEK 45						
WEEK 12							WEEK 29							WEEK 46						
WEEK 13							WEEK 30							WEEK 47						
WEEK 14							WEEK 31							WEEK 48						
WEEK 15							WEEK 32							WEEK 49						
WEEK 16							WEEK 33							WEEK 50						
WEEK 17							WEEK 34							WEEK 51						