

# 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.

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