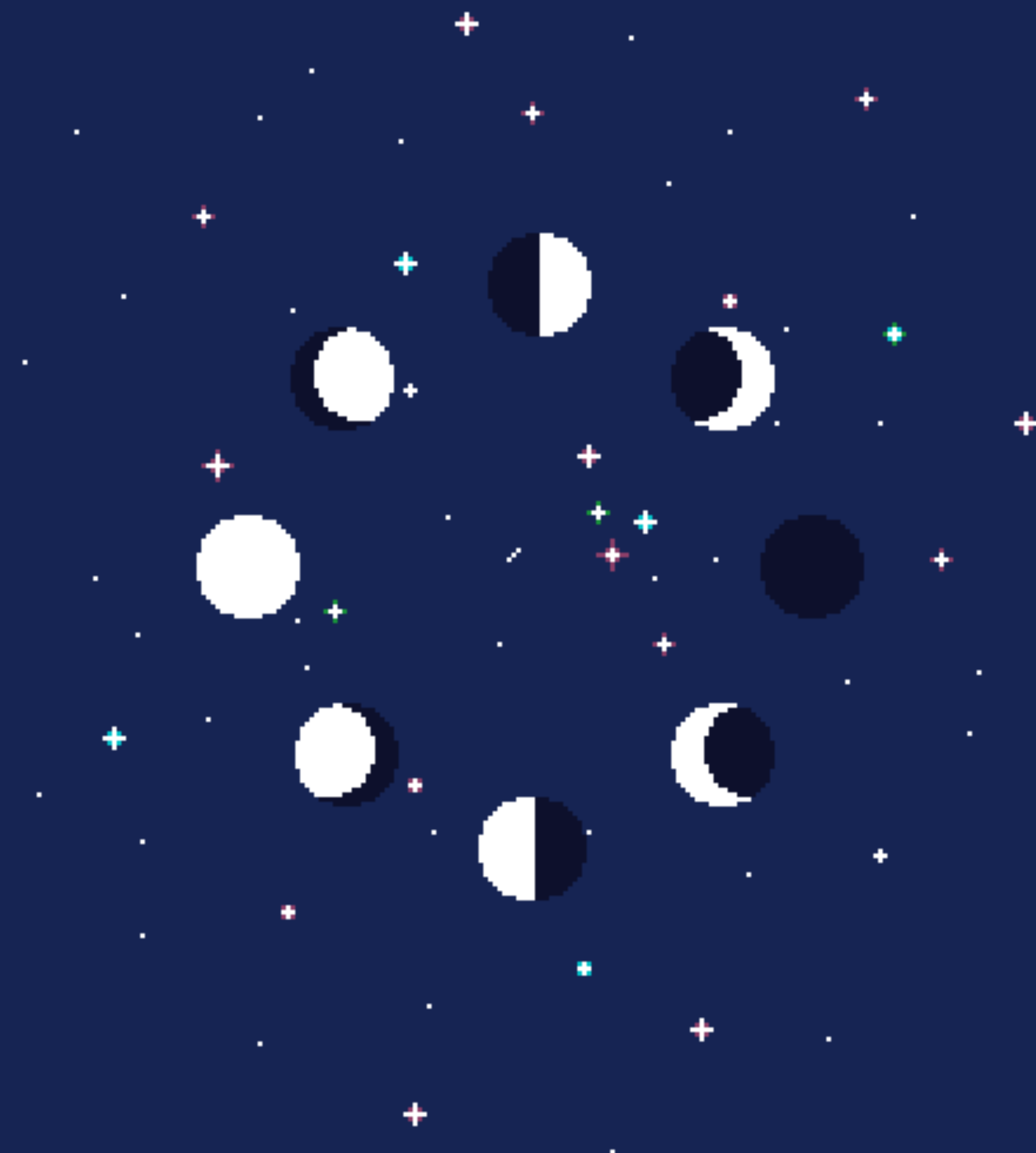


Know Thy Cycle, Know Thyself





MON

TUE

WED

THU

FRI

SAT

(30°C)

Storage: Store below 86°F (30°C)

Exp: See bottom of pack

USA

USA

USA

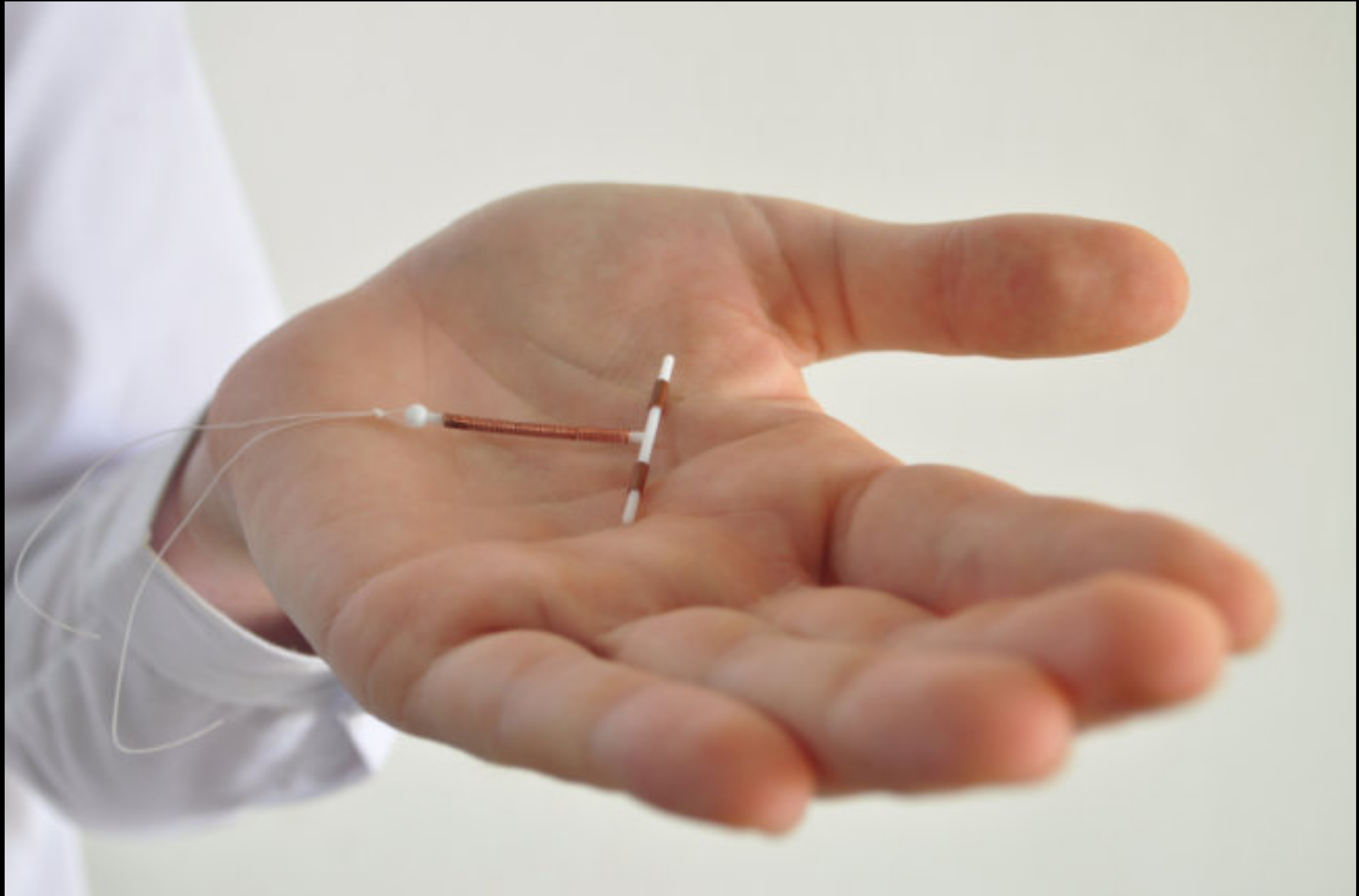
026106



W 1 2



W 1 2 3





Now Includes FREE Trial CD-ROM of Taking Charge of Your Fertility Software!

NATIONAL BESTSELLER

Taking Charge of Your Fertility

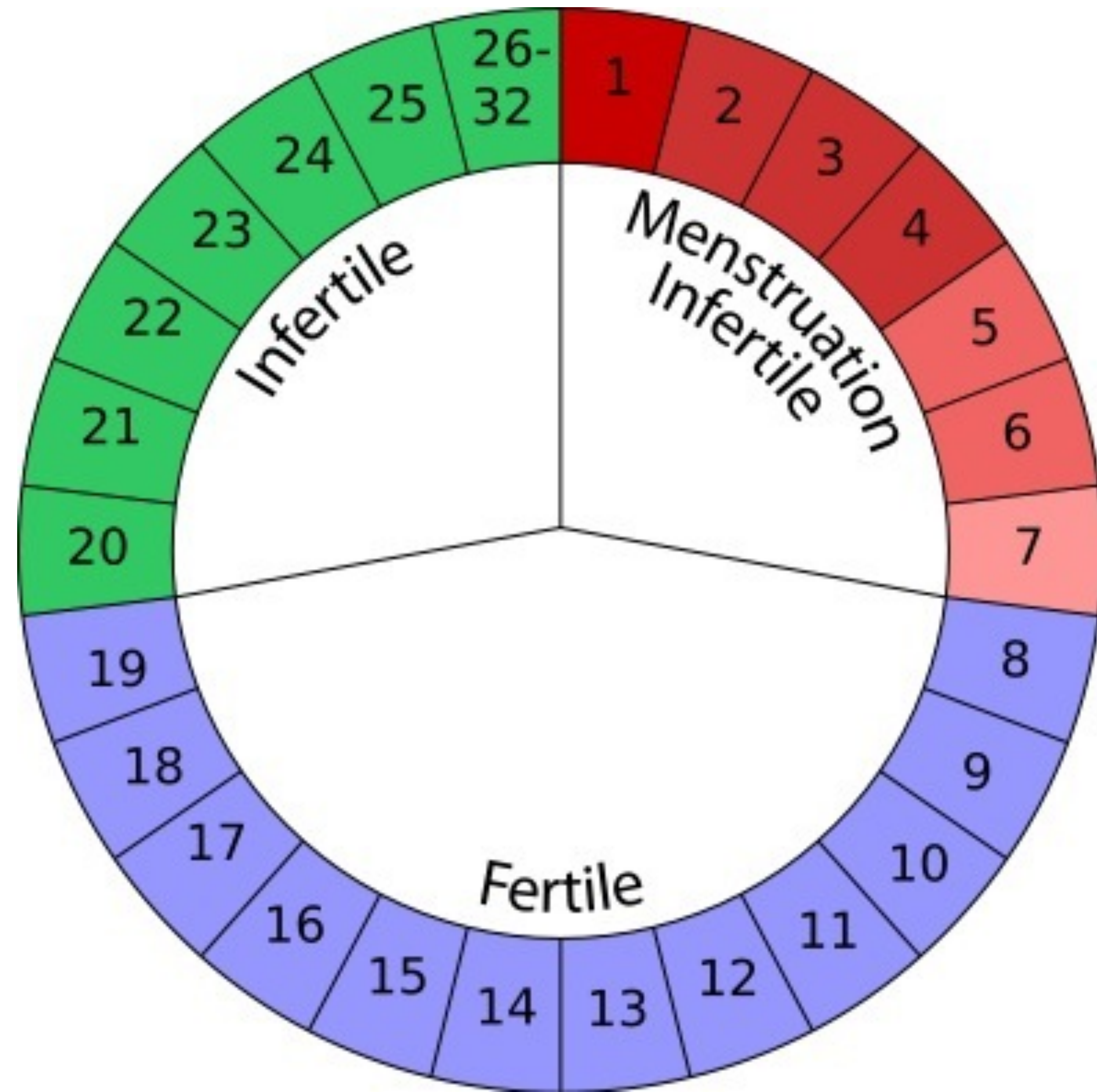
10th
Anniversary
Edition

The Definitive Guide to
Natural Birth Control,
Pregnancy Achievement,
and Reproductive Health

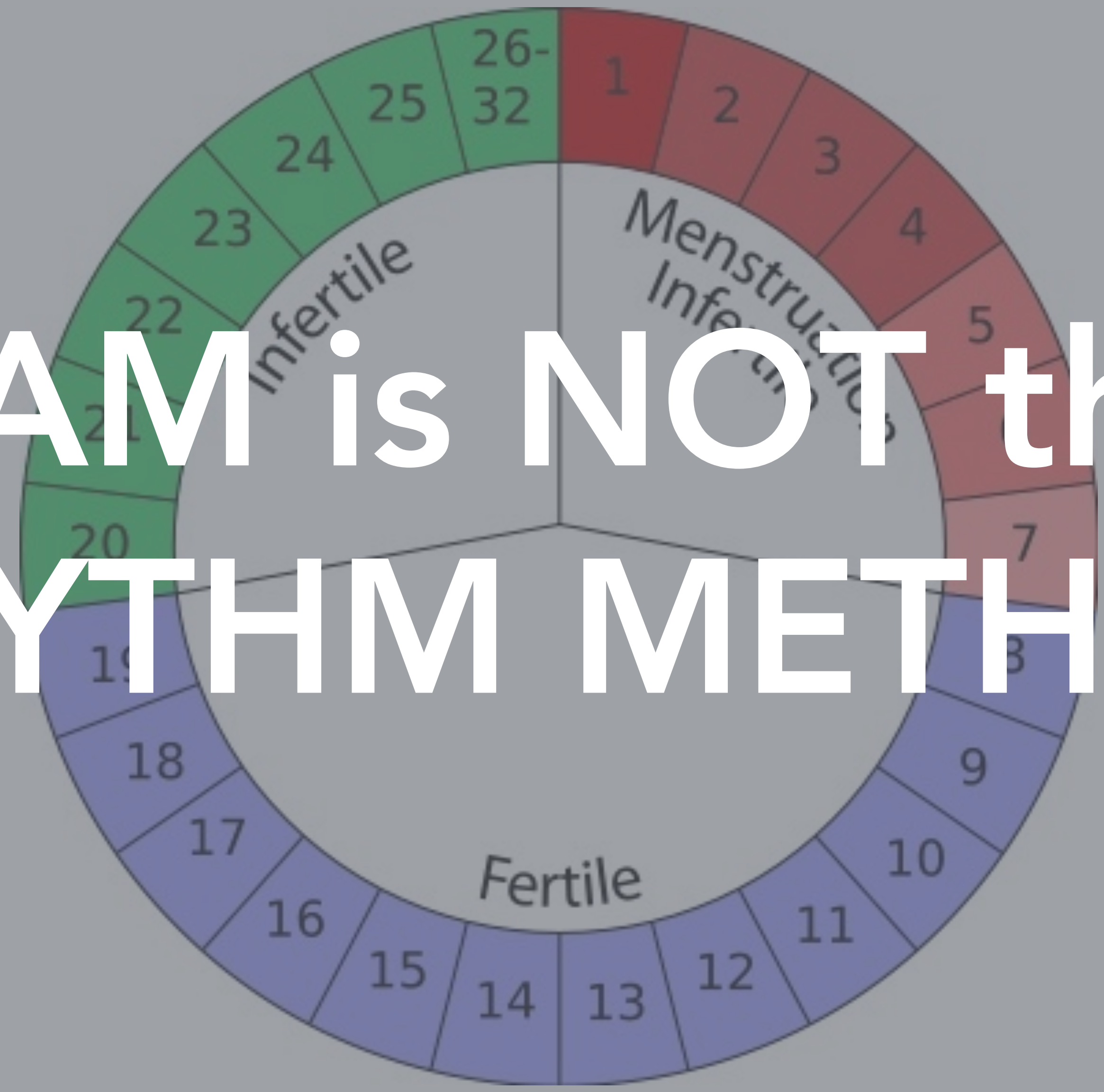
TONI WESCHLER, MPH

REVISED EDITION

Fertility Awareness Method (FAM)



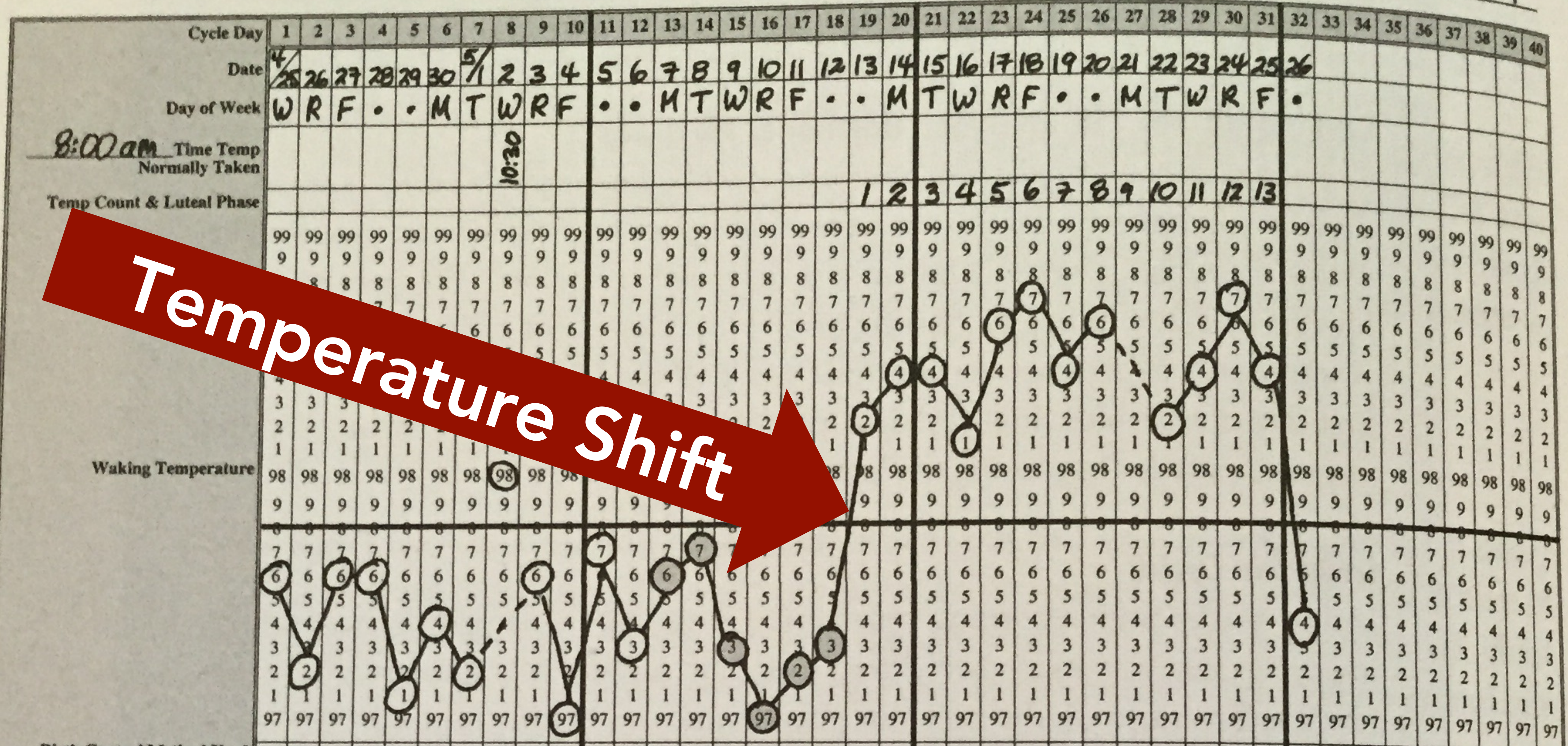
FAM is NOT the RHYTHM METHOD



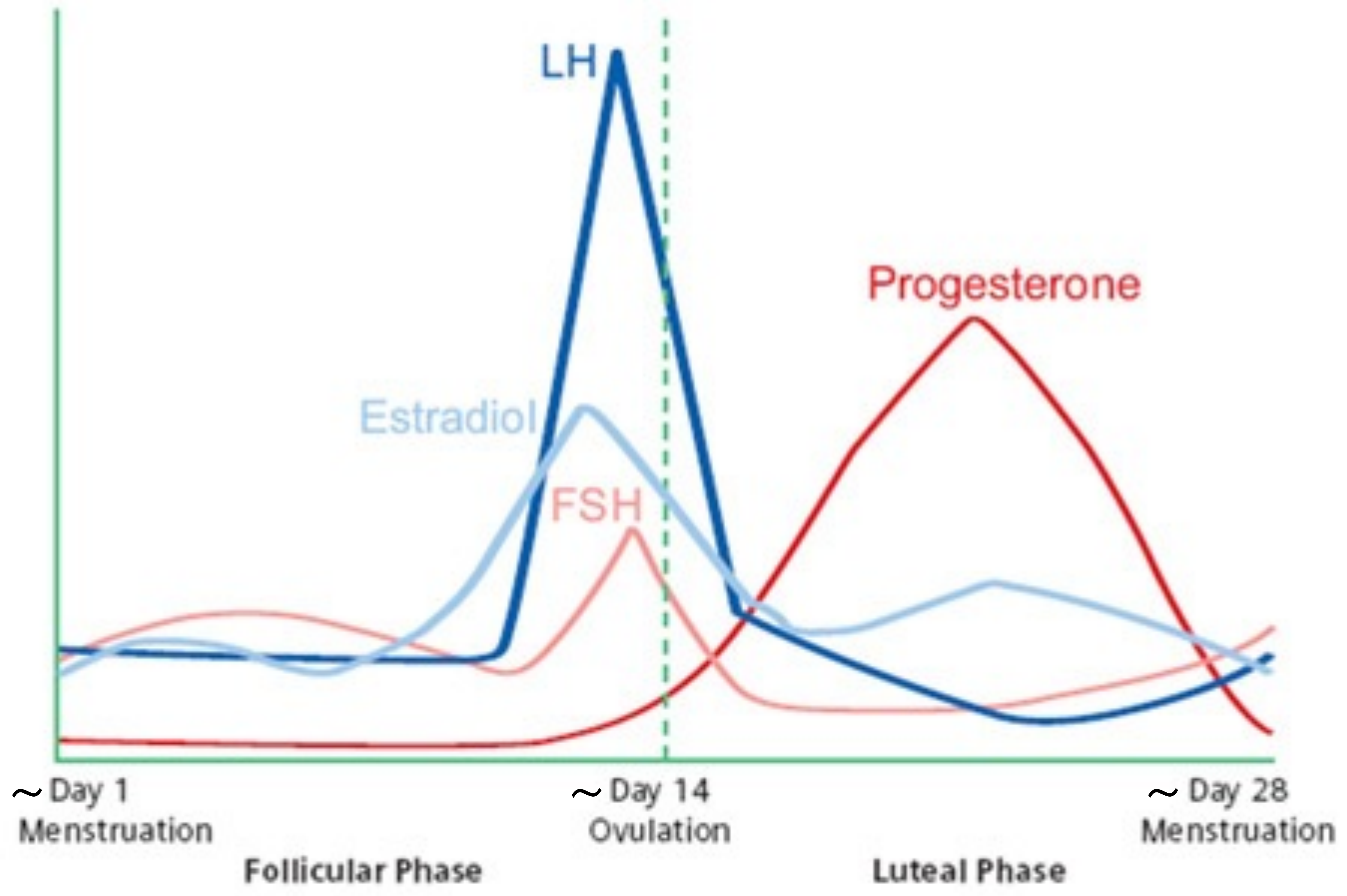
SAMPLE BIRTH CONTROL CHART

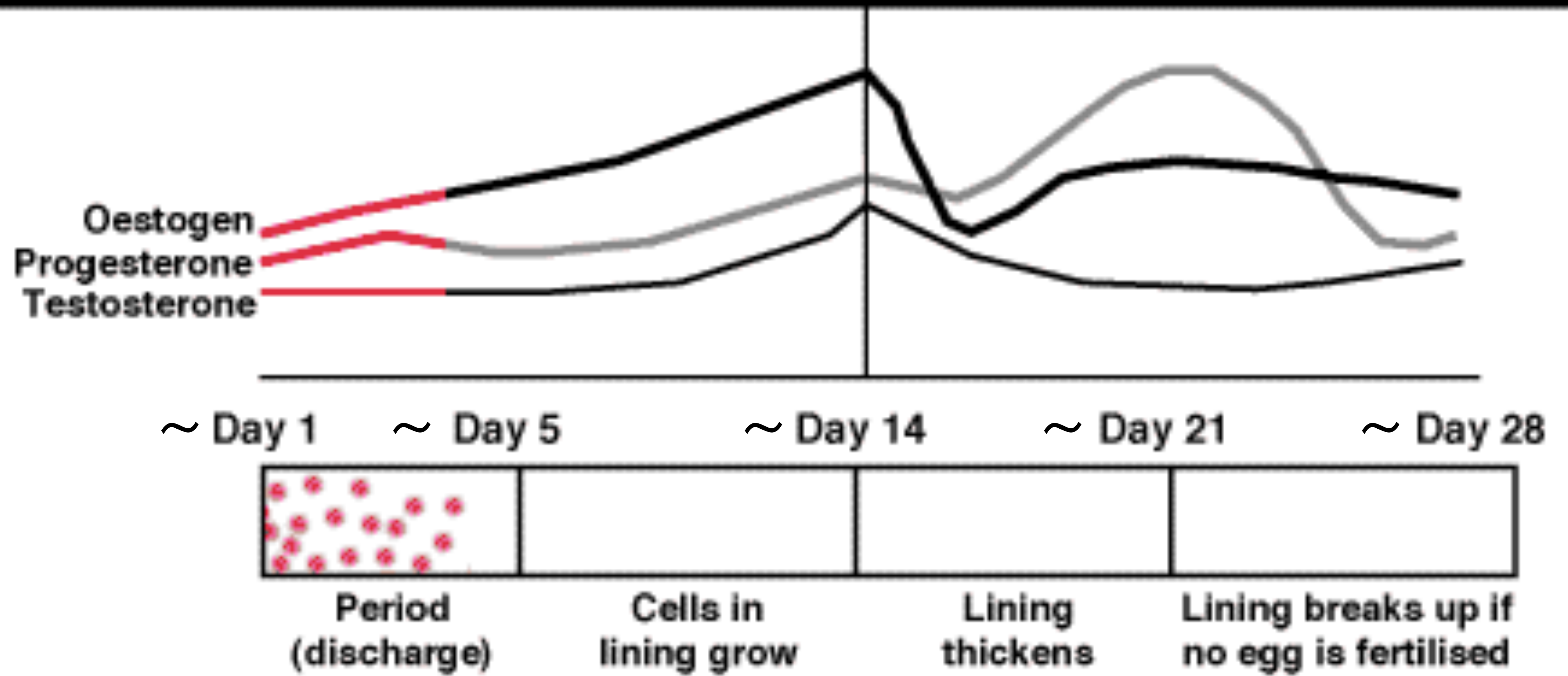
Age 24 Fertility Cycle # 8

Last 12 Cycles: Shortest 30 Longest 35 Month April-May Year 2001 This cycle length 31



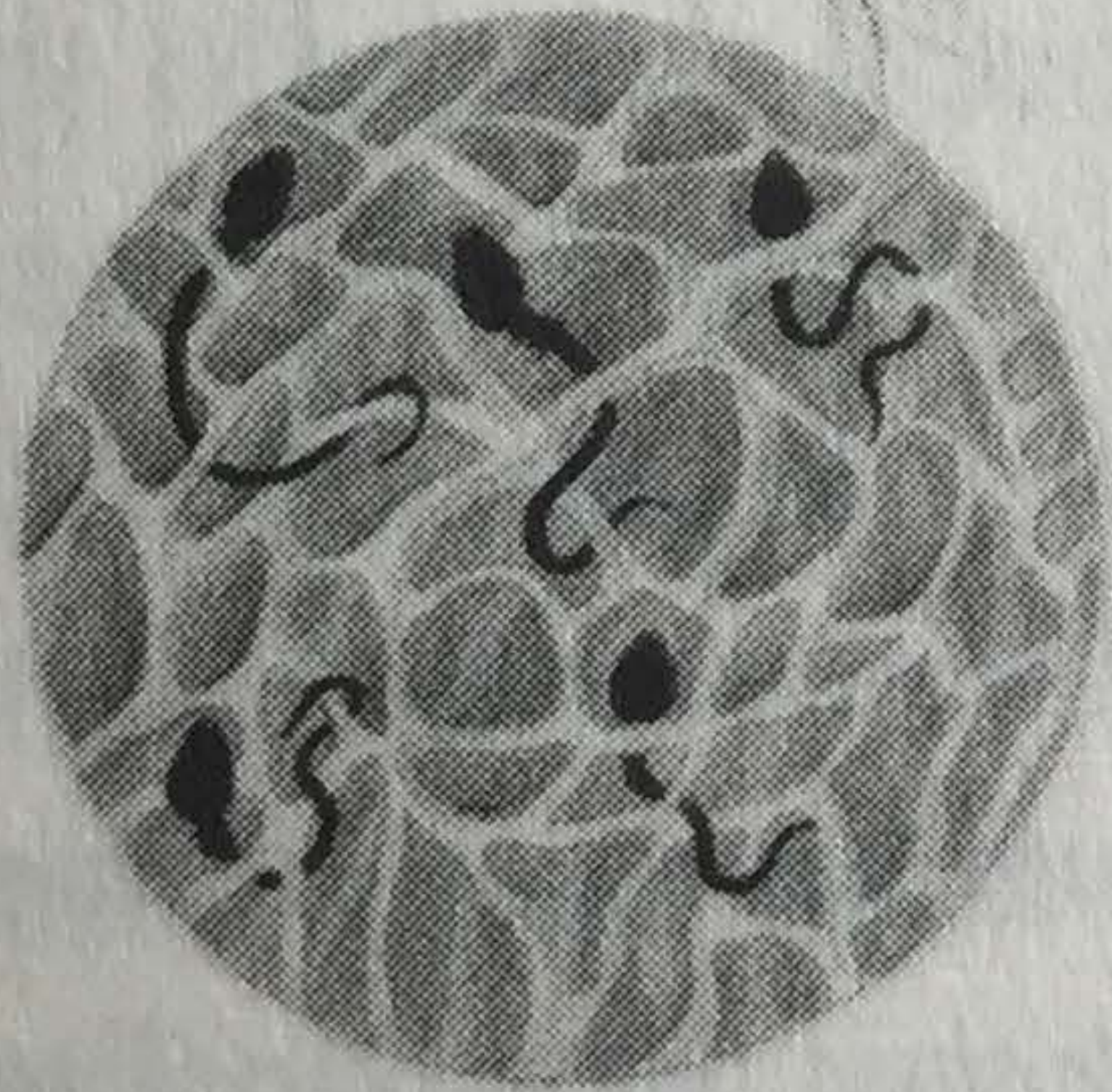
Temperature Shift



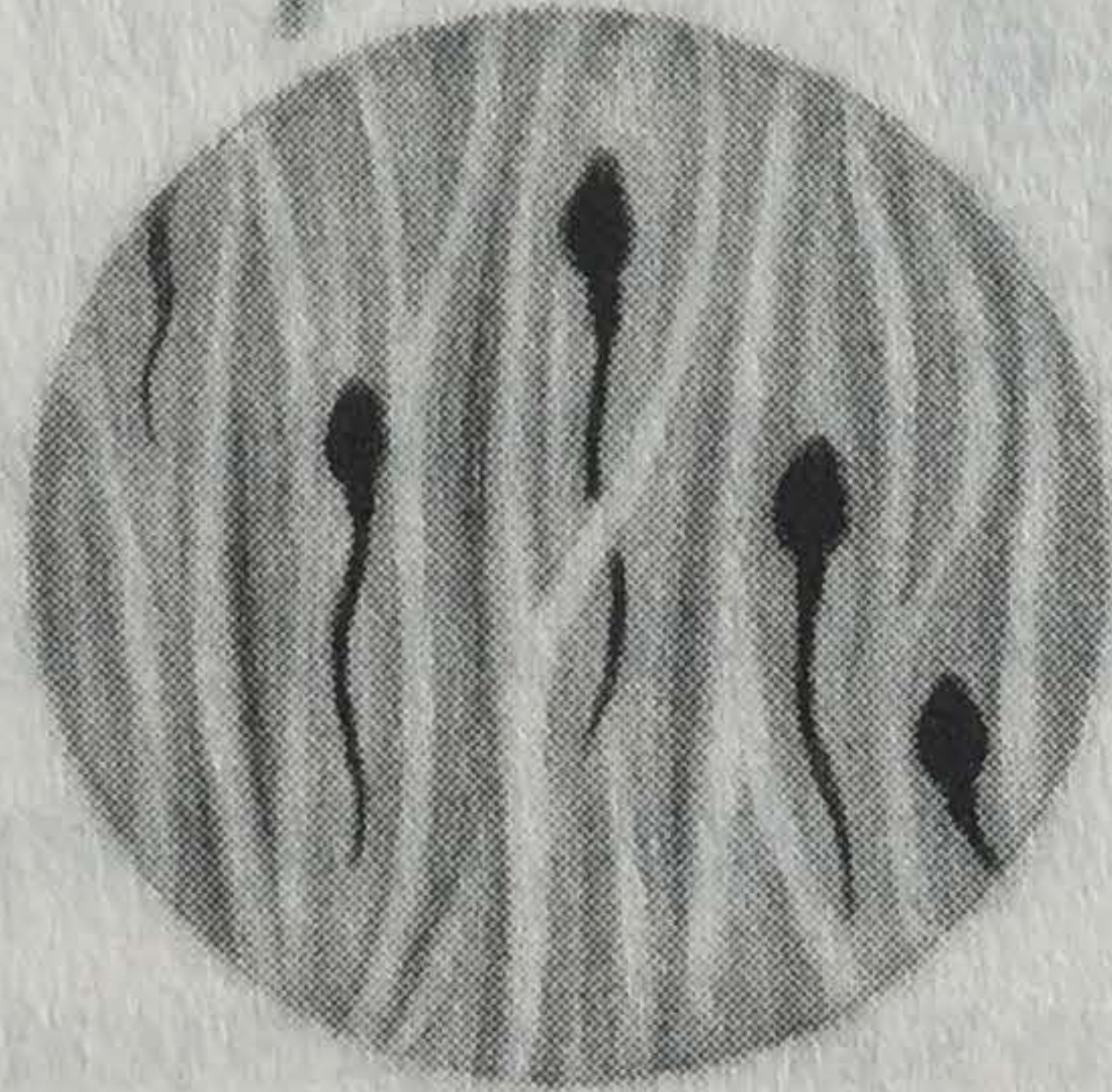




Cervical Fluid



Sperm trapped
in sticky-quality
cervical fluid.



Sperm swimming
forward in
fertile-quality
cervical fluid.

NO CERVICAL FLUID

STICKY

CREAMY

EGGWHITE



Dry



Sticky



Creamy



Slippery,
Clear, and Stretchy



Slightly Damp, but
No Cervical Fluid



Crumbly



Lotiony



Slippery,
Streaked, and Stretchy

Symptoms of a true
vaginal infection:

ITCHING

SWELLING

REDNESS

UNPLEASANT ODOR

UNUSUAL DISCHARGE



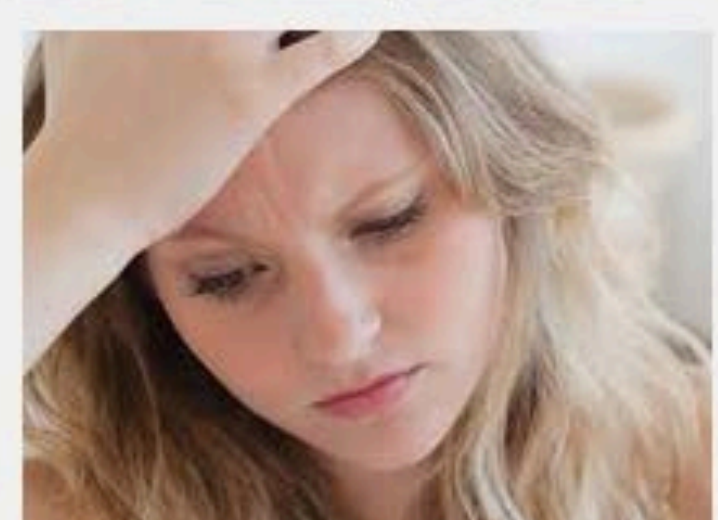
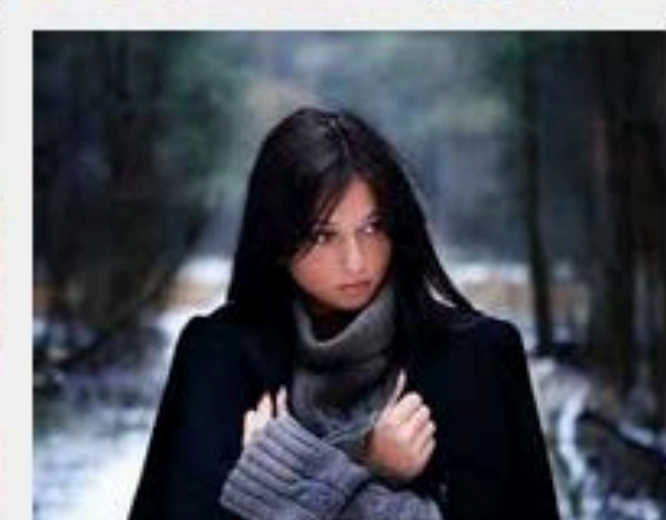
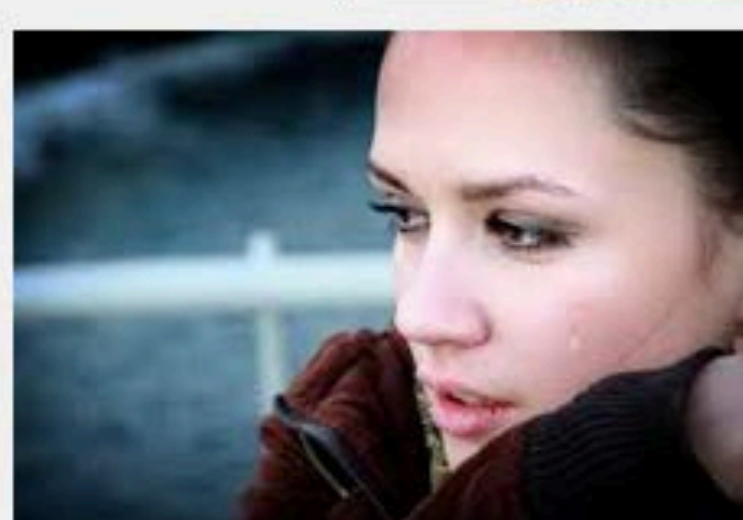
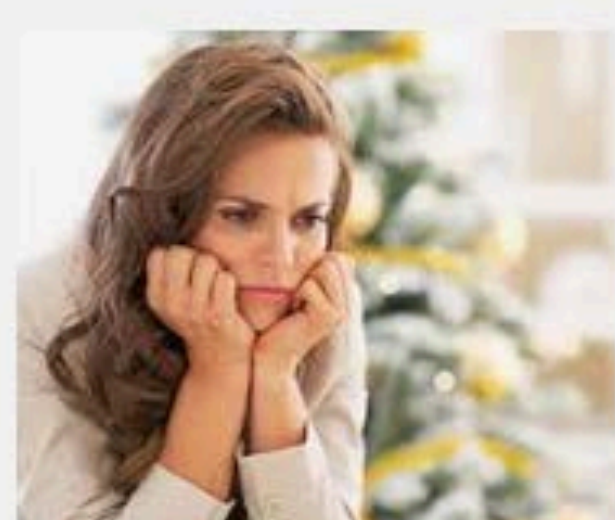
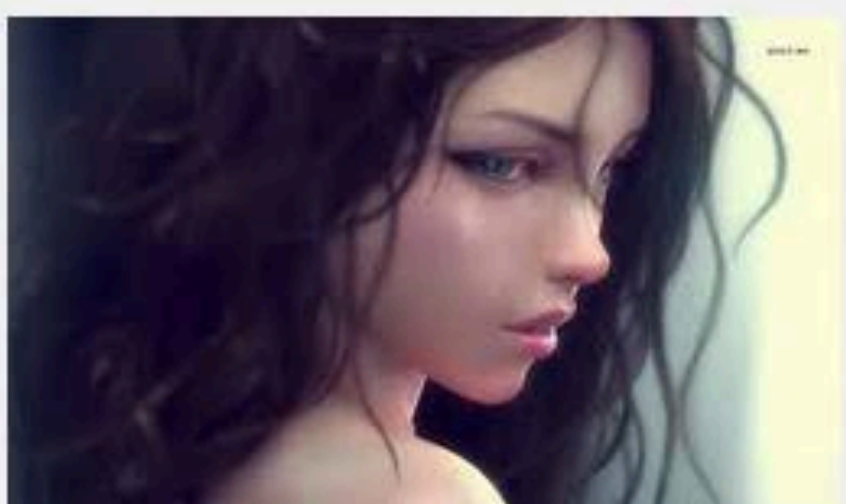
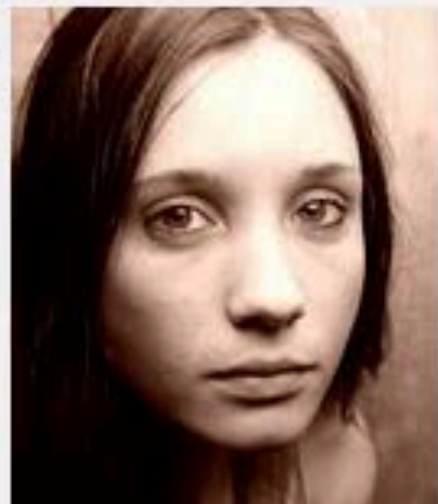
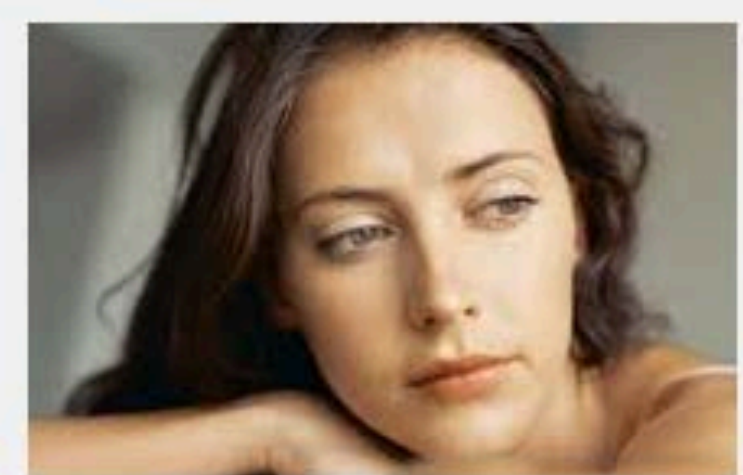
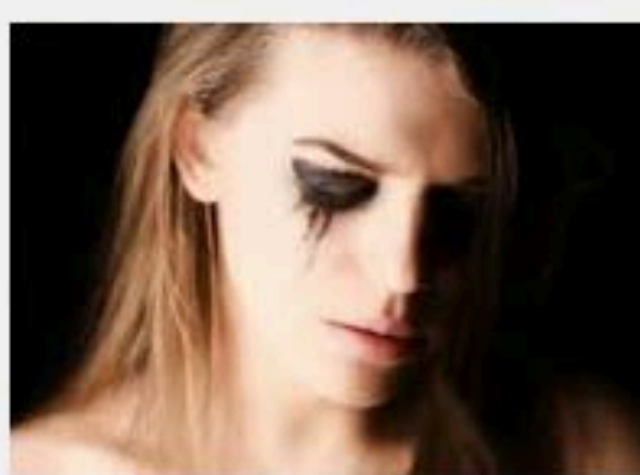
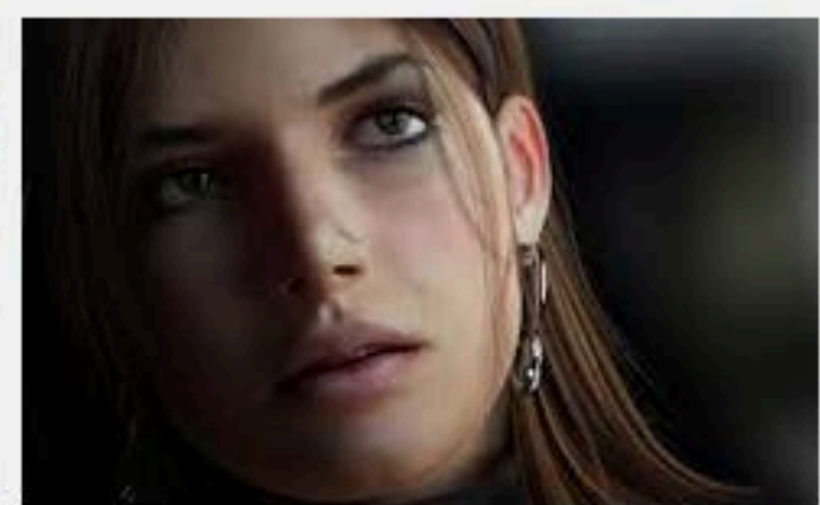
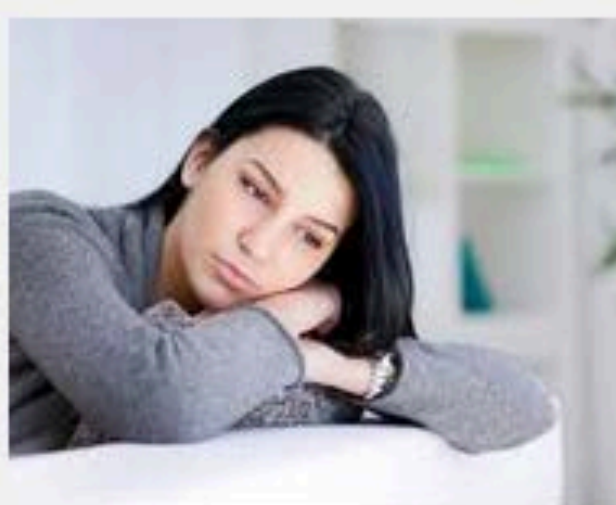
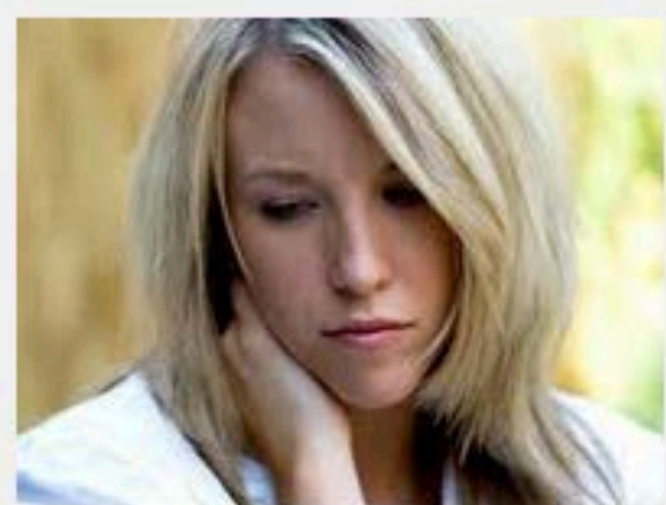
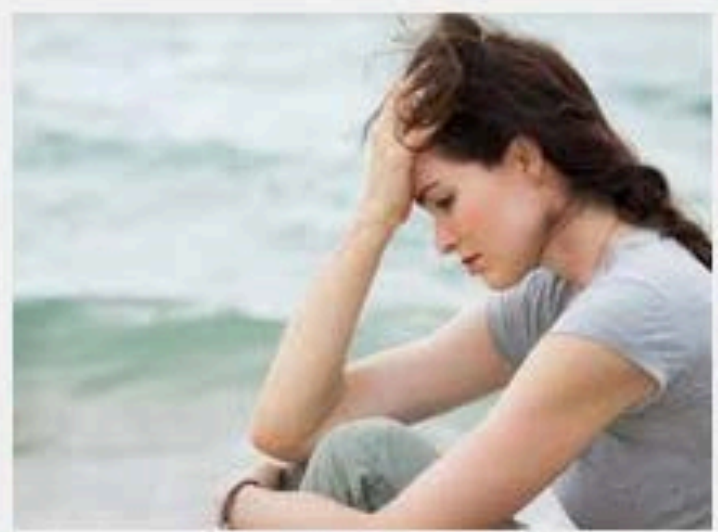
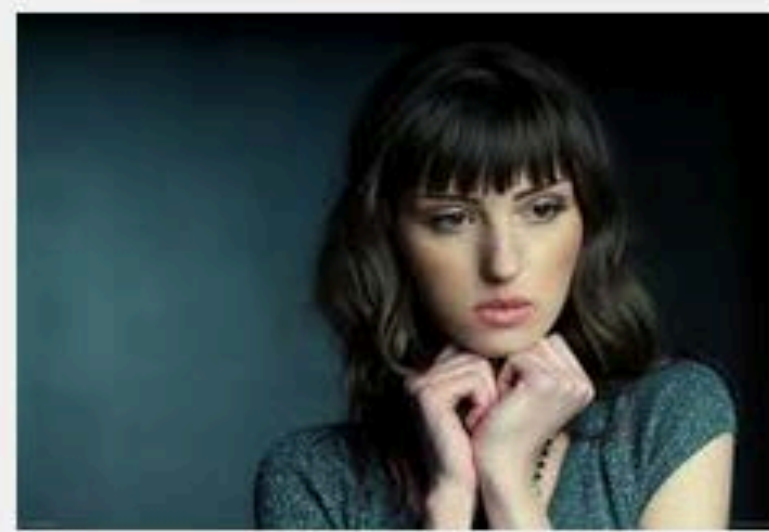
Rubbery or Gummy



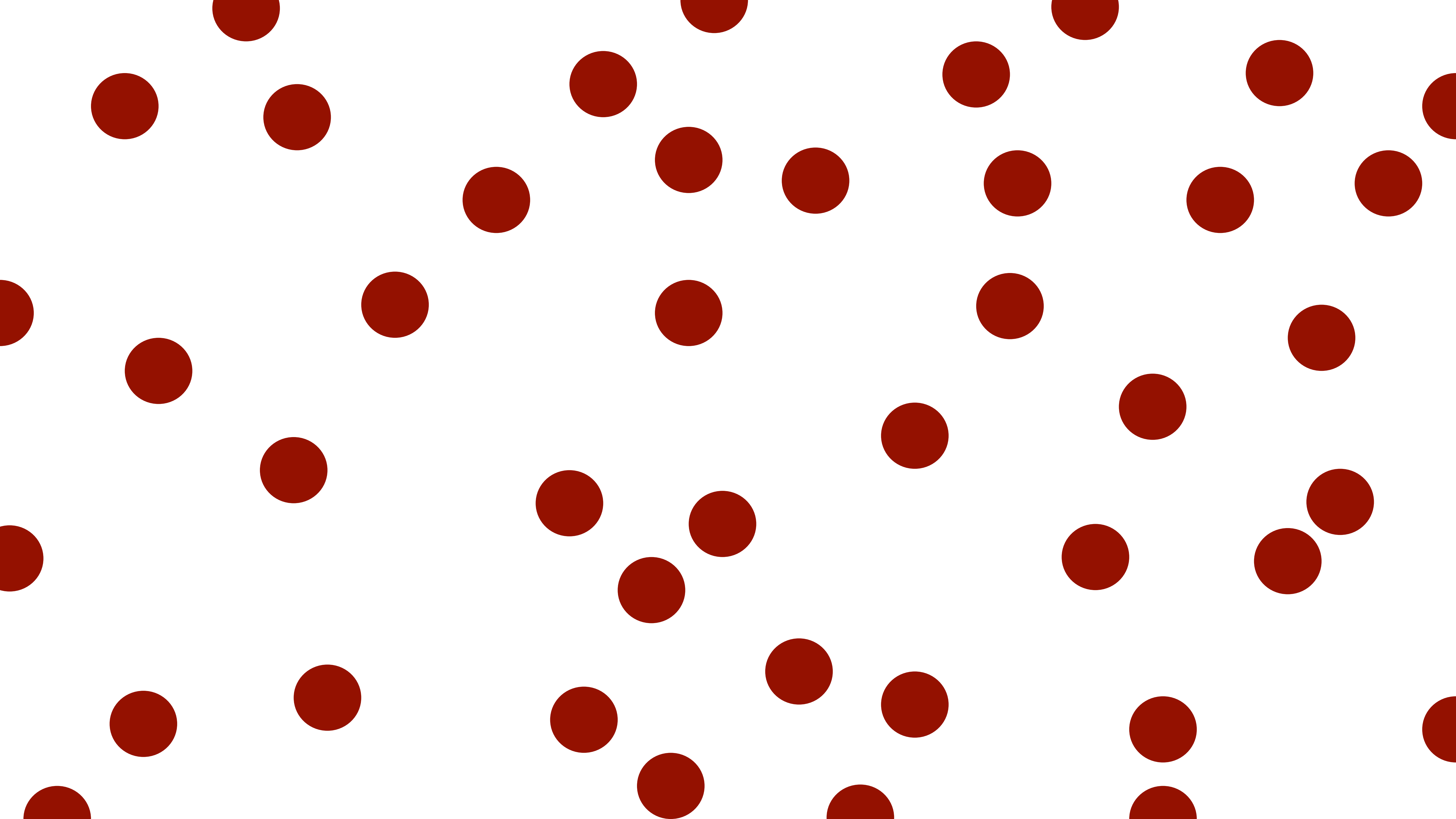
Milky



Slippery,
Clear, but Not Stretchy

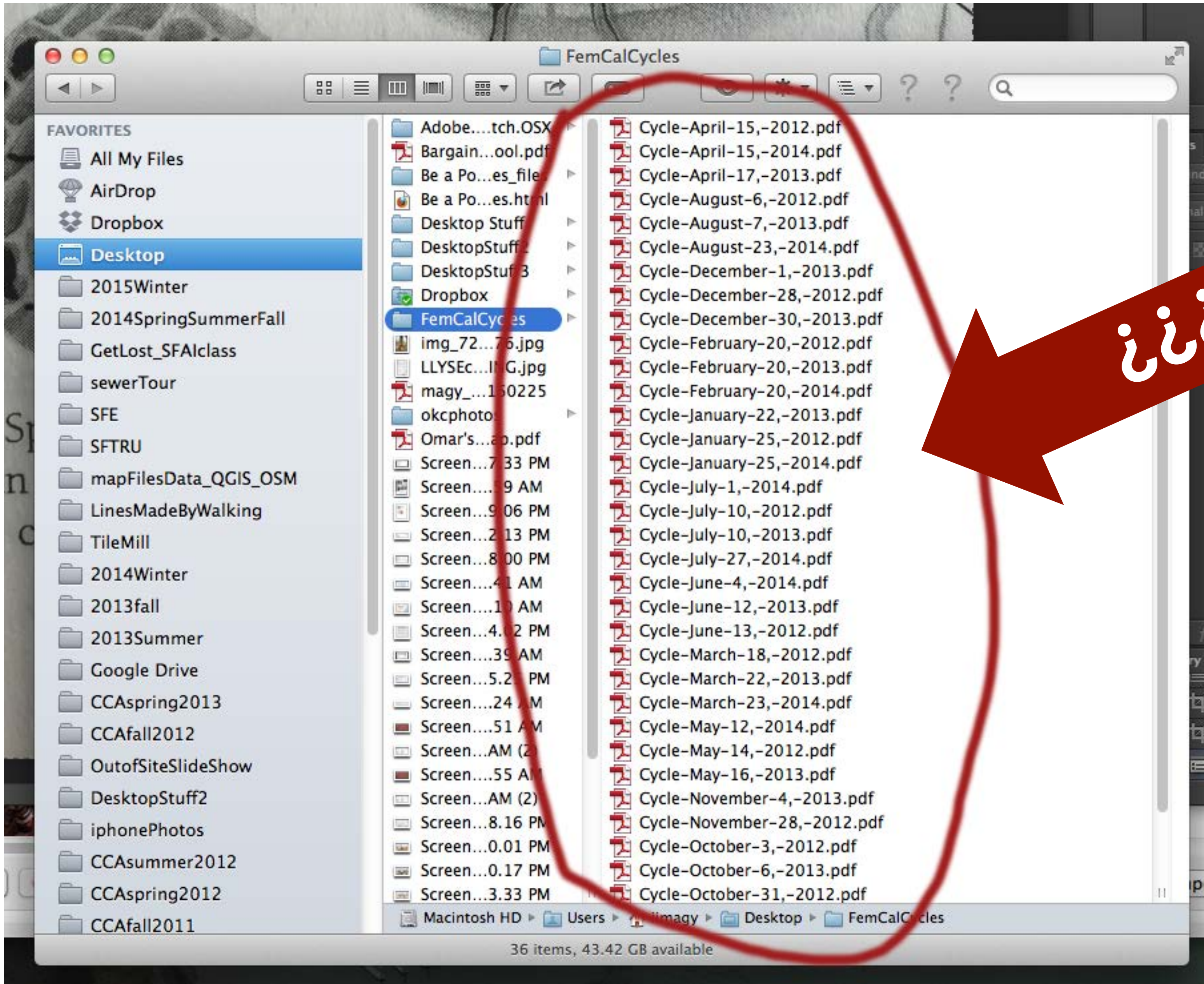












فایلها

TEMPERATURE



TEMPERATURE

96 .0
97 .1
98 .2
99 .3
100 .4
101 .5

°F

Questionable Temp.

Temperature Shift

CERVICAL FLUID



None

CERVICAL FLUID



CERVICAL FLUID

None

Sticky Little Medium Lots

Creamy Little Medium Lots

Eggwhite Little Medium Lots

Watery Little Medium Lots

Peak Day

CERVIX

CERVICAL POSITION

Height Low Med High

Openness Closed Med Open

CERVIX

Height Low Med High

Openness Closed Med Open

Firmness Firm Med Soft

SEX

INTERCOURSE

Protected Unprotected

MENSTRUATION

Light Medium Heavy

Spotting

MENSTRUATION

CUSTOM DATA

OPK

Pregnancy test

😓 No Sleep

🚴 Exercise

🍷 Water

😊 Feel Good

🤢 Feel Crappy

🔪 Cramping

😭 Quick Crier

💡 Breakout

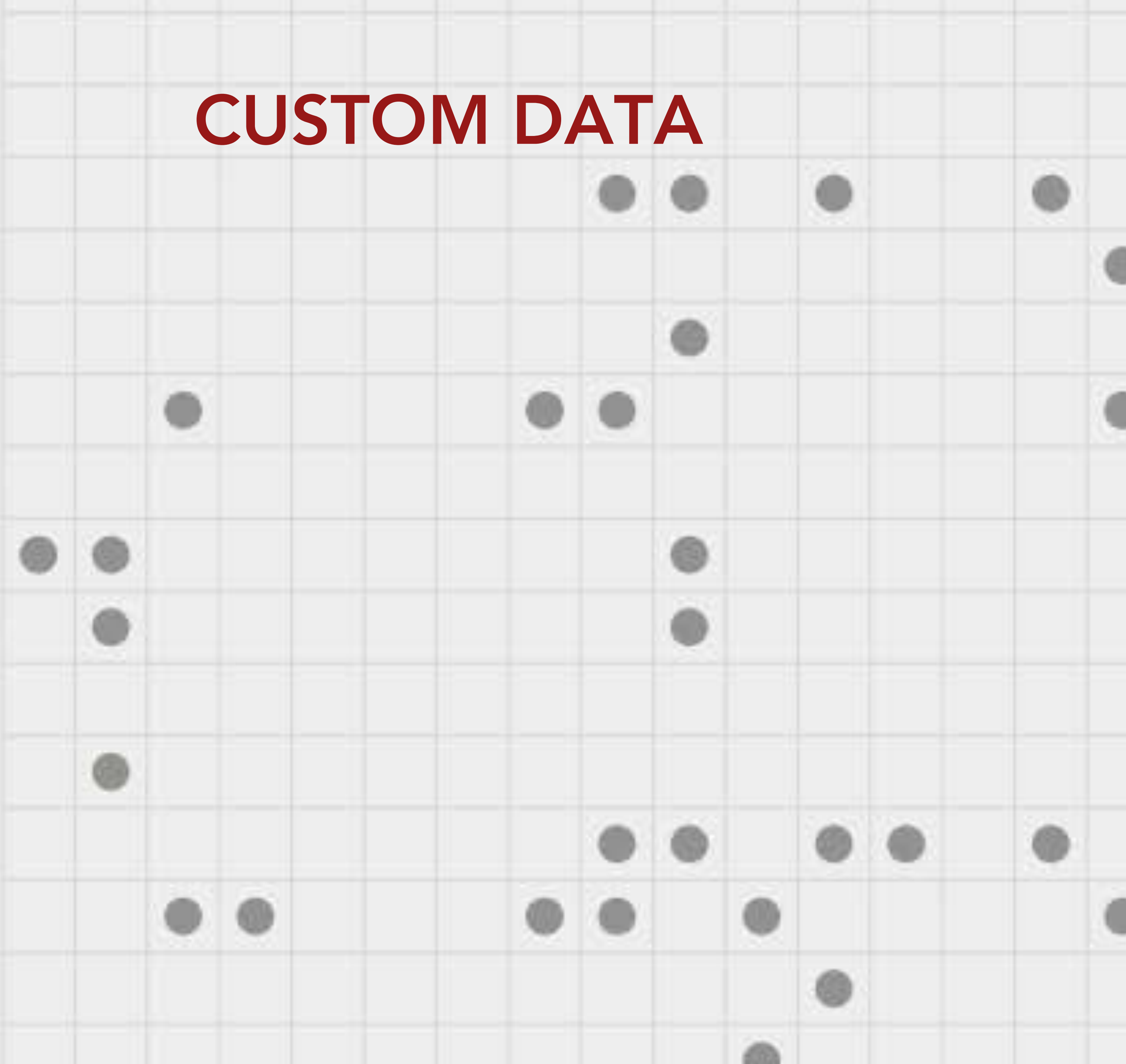
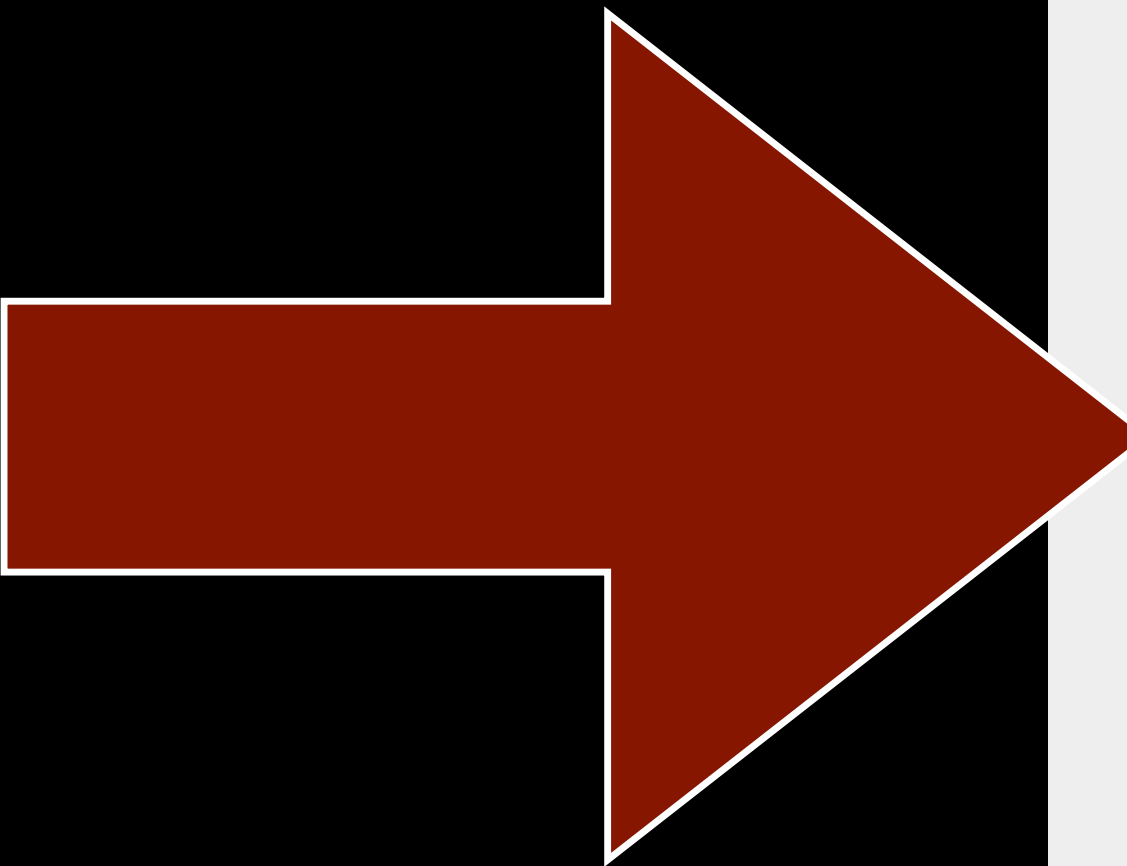
🍔 Ate Crap

🍷 Alcohol

☕ Caffeine

zzz Late Temp.

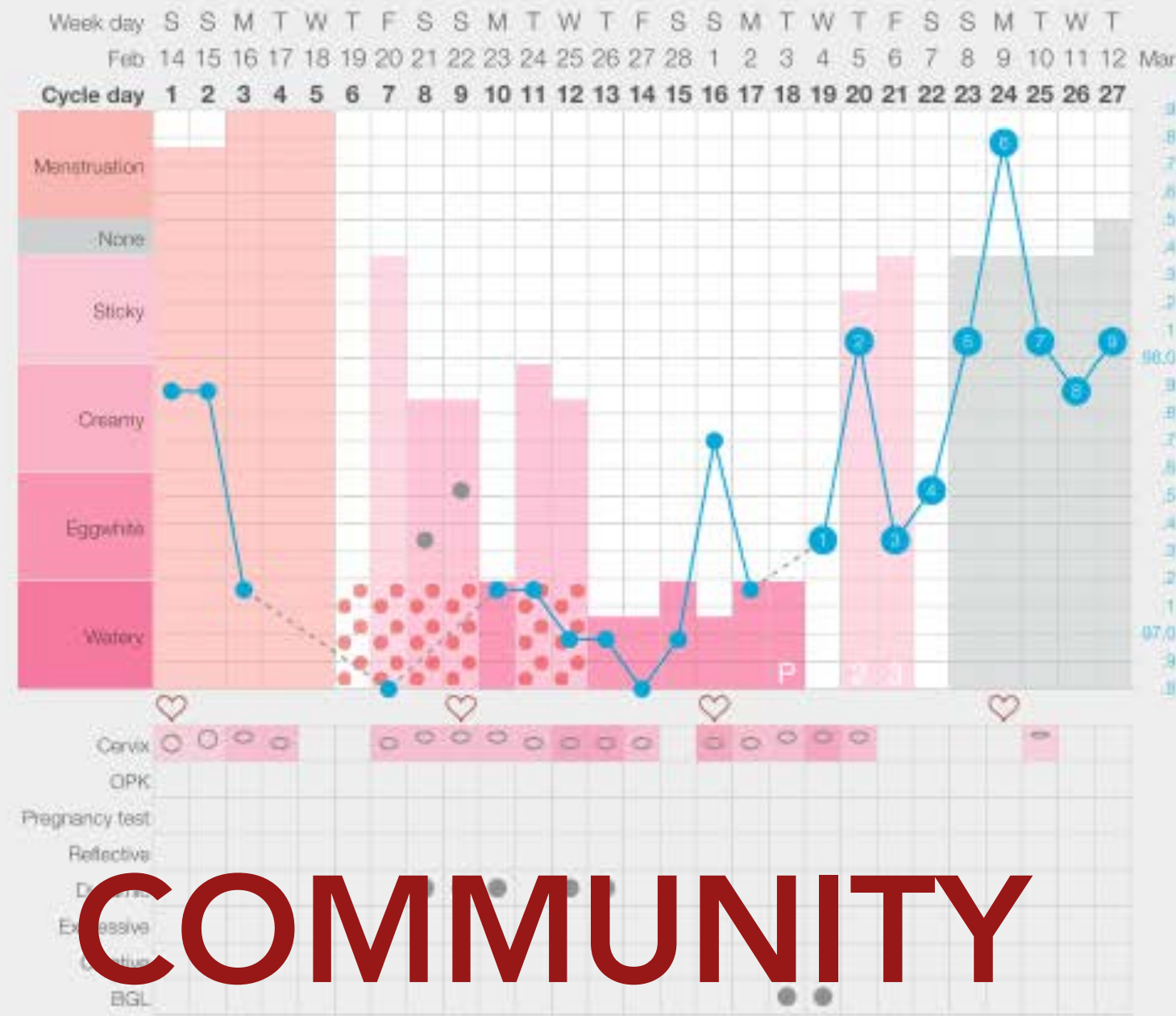
🌞 Early Temp.





Ponyo

4 HOURS AGO



COMMUNITY

TTA age 40 2nd chart
 confused late ovulation

[FOLLOW](#)

Ponyo My first full chart, the part that felt most clear was a temperature drop on

Mncooper90 I would put temp shift at CD 16. Using your previous six temps, you



Ellen Jeanne

1 day ago

2

It's getting easier! I'm still having a lot of trouble feeling my cervix. It always feels the same to me. But the temping and fluid checking are getting easier!



Morgan baby

1 day ago

Did you get your BFP or AF yet? This looking promising for a BFP!!!! Baby dust to you. I am hoping the same for me!!!



Mrs. Prongs

1 day ago

She's TTA not TTC. The "no baby yet" tag means FAM is working so far.



Mrs. Prongs

1 day ago

3







Sangre Menstrual Collective

What i'm about to tell you is gonna change your life forever. Are you really sure you want to know it?



Thank You.

Ilyse Iris Magy

<http://ilyseirismagy.com>

@ilyseiris