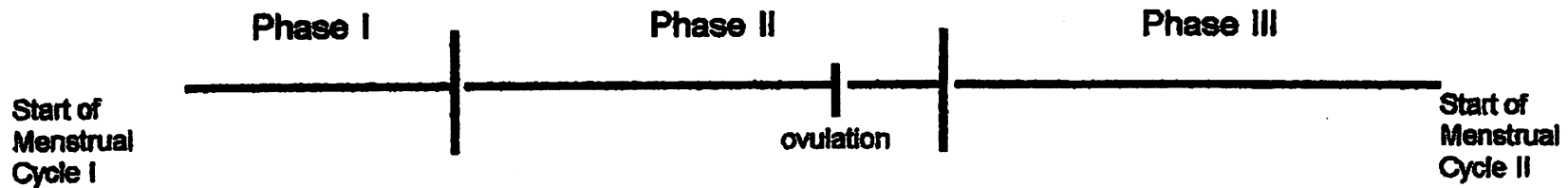


Sympto-Thermal Method of NFP

Diagram of a Woman's Monthly Cycle



Phase I

- ✦ Infertile time BEFORE ovulation
- ✦ Basal Body Temperature (BBT) is low
- ✦ No mucus discharge

Phase II

- ✦ Fertile Time, ovulation occurs
- ✦ Dip, then an increase in BBT
- ✦ Mucus: plentiful, stretchy, clear, like raw egg-whites
- ✦ abstinence period if avoiding pregnancy

Phase III

- ✦ Infertile time AFTER ovulation
- ✦ Continued high BBT
- ✦ Mucus: thick, tacky or non-existent

