

MALE FERTILITY

A man is always making sperm and is fertile everyday

FEMALE FERTILITY

A woman only grows and releases an egg once each cycle

If not fertilized, the egg dies within 12 – 24 hours

The woman is not fertile everyday

PREGNANCY

Sperm

Egg

Cervical mucus

OBSERVATION

Bleeding

Dryness

Cervical Mucus

OBSERVATION

By feeling, seeing and touching a woman will know she is **BLEEDING**

By feeling, seeing and touching a woman will know she is **DRY**

By feeling, seeing and touching a woman will know she has **CERVICAL MUCUS**

DRY OBSERVATION

A woman feels dry

A woman does not see cervical mucus

STICKY, PASTY MUCUS OBSERVATION

**A woman does not feel wet, slippery or runny.
She may feel dry**

**A woman will see mucus that is white, yellow
or cloudy**

**A woman will touch mucus that is sticky or
pasty and does not stretch**

EGG WHITE/WET MUCUS OBSERVATION

Egg White Mucus – clear, slippery, stretchy mucus

A woman feels wet, runny or slippery

A woman sees clear mucus

A woman touches mucus that is slippery or stretchy

Wet Mucus Observation

A woman feels wet

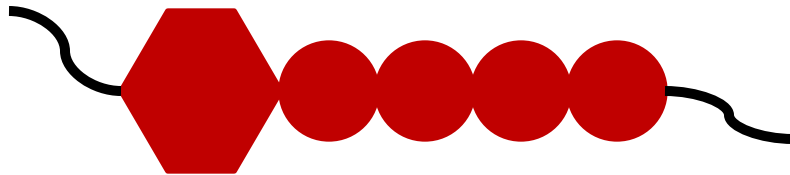
A woman may not see any mucus

A woman may not be able to touch any mucus

MENSES

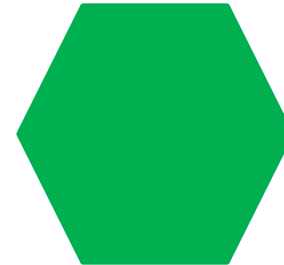
On the first day of bright, red, vaginal bleeding place the DAY ONE BEAD.

On subsequent days of bleeding place small red beads.



START UP BEAD

Place the START UP BEAD on day 6.



FETILITY BEGINS ON THE MORNING OF DAY 6.

DRY BEFORE START UP BEAD



Place a yellow bead if dry before START UP BEAD

MUCUS BEFORE START UP BEAD- RARE

If mucus before day 6 place
START UP BEAD



Fertility begins on morning of
START UP BEAD

DRY AFTER START UP BEAD



Place yellow beads for days of dry after START UP BEAD

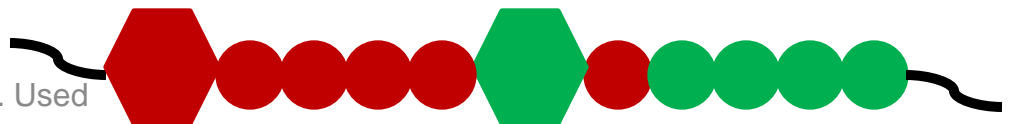
MUCUS AFTER START UP BEAD



Place green beads for days of mucus after START UP BEAD

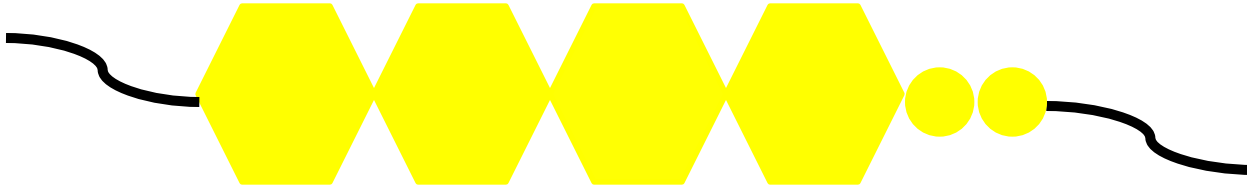
BLEEDING AFTER START UP BEAD

Place red beads for days
of bleeding after START
UP BEAD



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DRYING UP BEAD



Place 1st DRYING UP BEAD when mucus changes from egg white/wet observation to sticky, pasty mucus or to dryness.

Place 2nd, 3rd and 4th DRYING UP BEADS on subsequent days of drying up.

Place yellow beads till end of cycle for dryness or little mucus.

**FERTILITY ENDS THE NIGHT OF THE
4TH DRYING UP BEAD.**

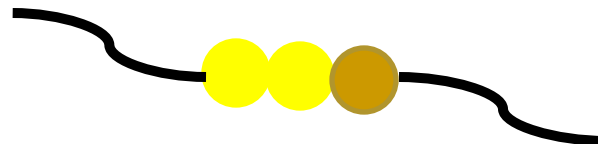
CHARTING AFTER DRYING UP BEADS



After four days of drying up, place yellow beads for days of dryness or sticky, pasty, mucus

GOLD BEADS – To record sexual intercourse

Place a gold bead after the bead of the day to indicate sexual intercourse.



ACHIEVING OR AVOIDING PREGNANCY – REGULAR CYCLES

TO AVOID PREGNANCY

Postpone love making from the morning of the **START UP BEAD** (day 6) through the fourth day of drying up.



TO ACHIEVE PREGANNNCY

Make love on days with green beads.

