

Natural and safe

Solutions



Malteser

...weil Nähe zählt.

sensiPLAN



Malteser

...weil Nähe zählt.

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mucus observations

Exercise 1

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Cycle day									m	m	m	s	s	s	s	+	+	+	s	s	s	s									
Date:																															
Menstruation																															
Mucus	Sensation								moist	moist	"	"	"	"	"	"	wet	"	moist												
	Appearance											lumpy	sticky	little elastic	elastic	"	stretchable	"	lumpy	"	"										

Exercise 2

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Cycle day							d	d	d	d	d	d	s	s	m	m	s	s	s	s	s	s	s	s								
Date:																																
Menstruation																																
Mucus	Sensation						dry	"	"	"	"	"	moist	"	"	"	"	"	"	"	"	"	"	dry								
	Appearance												lumpy			sticky	"	"					translucent									

Exercise 3

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Cycle day							s	s	s	s	s	s	s	s	s	s	+	s	s	s	s	s	s	s	s	s	s	s	s	s	+	
Date:																																
Menstruation																																
Mucus	Sensation						nothing	nothing	moist	moist	moist	moist	moist	moist	moist	moist	smooth	moist	moist	moist	moist	moist	moist	moist	moist	moist	moist	nothing	moist	moist	wet	
	Appearance								lumpy	lumpy	lumpy	lumpy	lumpy	lumpy	lumpy	sticky	translucent		lumpy	creamy	creamy	creamy	creamy	creamy	creamy	lumpy/creamy	creamy		lumpy	lumpy/creamy	brownish	



Exercise 4

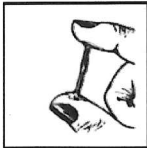
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Date:																																
Menstruation																																
Mucus	Sensation											moist it runs	lubricating			mans like water																
	Appearance											ropy																				

Exercise 5

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
Date:																																
Menstruation																																
Mucus	Sensation																															
	Appearance	at noon, bloody bloody							lumpy, yellowish watery, bloody																							

Exercise 6

		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40		
Date:																																											
Menstruation																																											
Mucus	Sensation									wet																																	
	Appearance							whitish, elastic sticky, elastic																																			



Exercise 17

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40								
Date:																																																	
Menstruation																																																	
Mucus	Sensation							moist	"	"	Lubricating	wet	"	"	"	"	"	"	moist	"	wet	moist	"	"	wet																								
	Appearance							yellowish	creamy	translucent	egg white	liquid	"	"	creamy/whitish	"	"	"	"	"	"	"	"	"	"	"																							

Interpretation of the cervical mucus Half-time

Amount of mistakes in the cervical mucus abbreviations	Suggestions for further steps
0	Fantastic! you can go on further with the next chapter.
1-3	Well done! go through your mistakes again. If you feel safe go to the next chapter.
4-8	Complete this chapter to get rid of the mistakes.
more than 9	Please go through the rest of this chapter intensely. Don't skip any exercise.

**Continuation: Solutions for exercise 31**

e) description for f-type mucus:

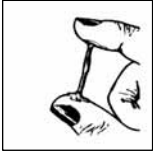
moist, no visible mucus, no cervical mucus at the vaginal opening

f) Difference between t and Ø:

nothing felt, no moistness, no sensation at the vaginal opening, nothing seen, no mucus at the vaginal opening, differs from t through sensation

mucus interpretation Final result!

Number of mistakes at the mucus abbreviations	Suggestions for further steps
0	Fantastic! To to the next chapter!
1-3	Where is the mistake, rectify the problem and go to the next chapter.
more than 4	Please work on exercise 31 and the chapter "recess possibilities" and "tips how to learn the mucus abbreviations". You will receive important hints how to avoid mistakes in the future.



The mucus peak

The mucus peaks in the exercises 1-30

Exercise 32

Exercises	Day of the mucus peak
Exercise 1	day 17
Exercise 2	day 21
Exercise 3	day 15
Exercise 4	day 20
Exercise 5	day 10, 14, 17, 19
Exercise 6	day 9, 16, 21, 23, 29
Exercise 7	day 27
Exercise 8	day 19
Exercise 9	day 12
Exercise 10	day 12
Exercise 11	day 15
Exercise 12	day 16, 21
Exercise 13	day 22
Exercise 14	day 13
Exercise 15	day 16
Exercise 16	day 12
Exercise 17	day 16, 19
Exercise 18	day 16, 24
Exercise 19	day 16
Exercise 20	day 14
Exercise 21	day 8, 14
Exercise 22	day 16
Exercise 23	day 7, 11, 15, 18
Exercise 24	day 7, 13
Exercise 25	day 18
Exercise 26	day 17
Exercise 27	day 19, 22, 25
Exercise 28	day 16, 19
Exercise 29	day 17
Exercise 30	day 12, 19, 26

P123

Exercise 49

		P123																																														
		Ø S S S S S ? ? d d d d d d d d																																														
Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40							
Date:																												00000000000000000000000000000000																				
Menstruation																																																
Mucus	Sensation															moist		"		"		pruritic		"		"		"		"		"		"		"		"		"		"		"		"		
	Appearance											whitish		whitish		whitish		whitish		whitish		whitish																										

Cervical mucus peak Final results

Mistakes with the determination of the peak	Tips for further steps
0	Fantastic! Go ahead with the next chapter.
1-2	Check your mistakes and read the recess possibilities of P123.

Recess possibilities and tips to learn P123

a) The peak of the mucus is the day with the individual best cervical mucus quality.



Evaluating the temperature readings

Rule:

Temperature has risen if there are three consecutive readings that are all higher than the six previous readings, thereby the 3rd higher reading has to be at least $2/10^{\circ}\text{C}$ (=2 boxes in the cycle sheet) above the previous six low temperature readings.

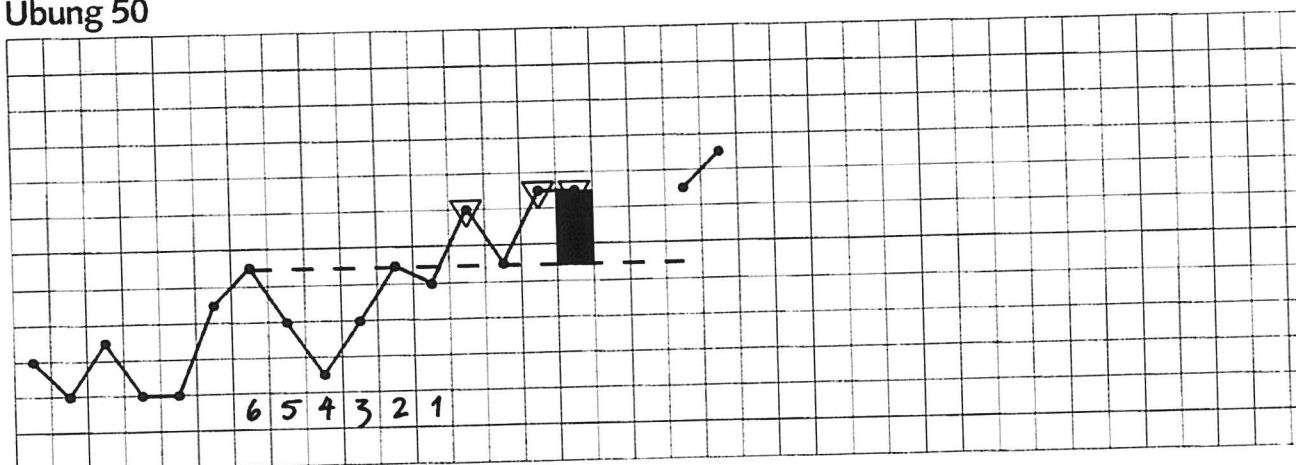
First exception to the rule on temperature:

If the 3rd temperature reading is not $2/10^{\circ}\text{C}$ higher, a 4th temperature value needs to be used. This also has to be higher than the 6 previous low values, i.e. over the reference line, but it does not necessarily have to be $2/10^{\circ}\text{C}$ higher.

Second exception to the rule on temperature:

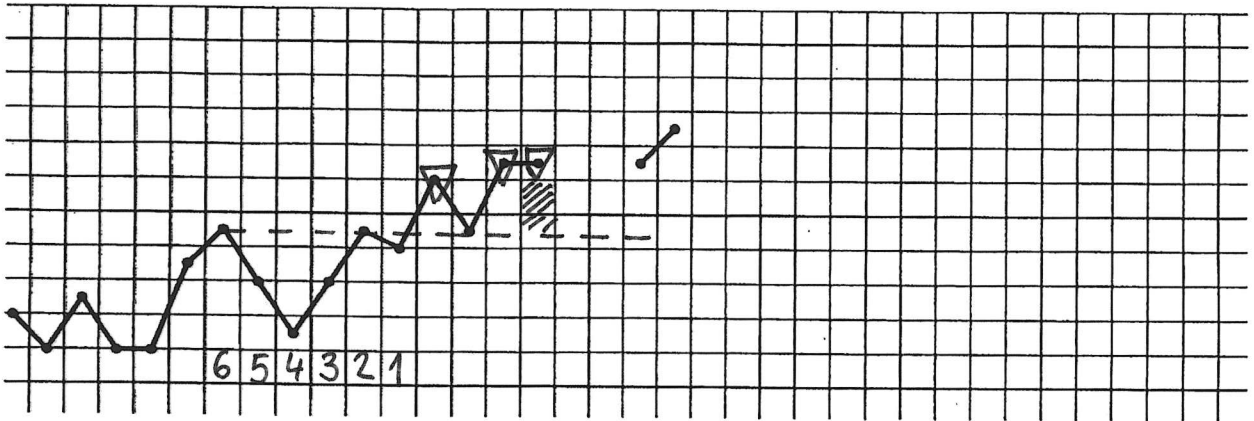
With the three necessary higher readings one of these may fall down to or below the reference line. This value may not be taken into account and is therefore not circled. The third value, however, needs to be at least $2/10^{\circ}\text{C}$.

Übung 50

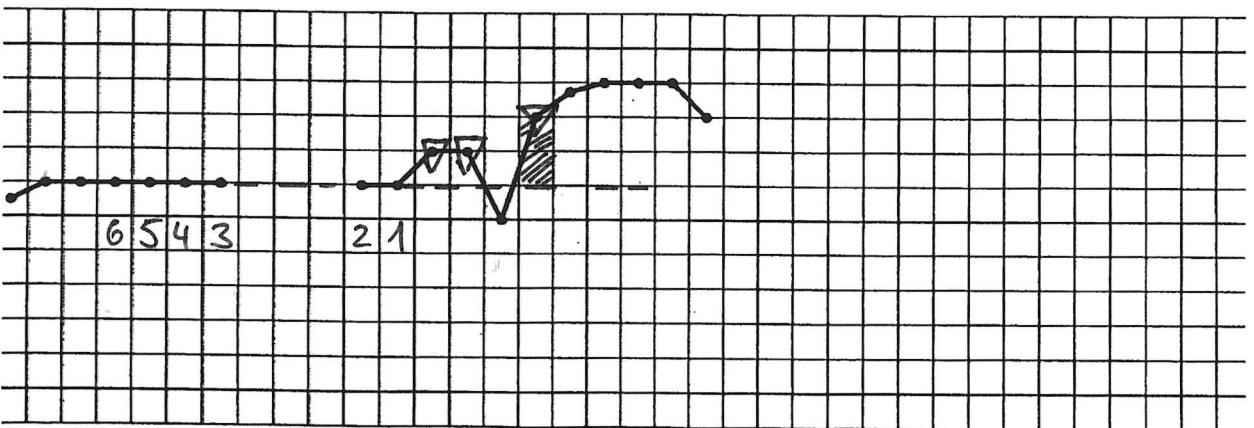




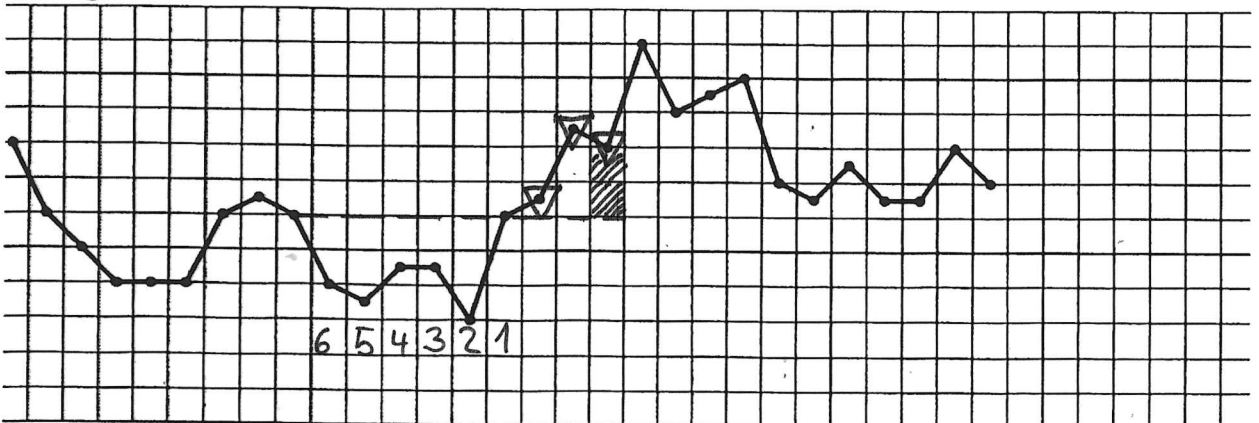
Exercise 50



Exercise 51



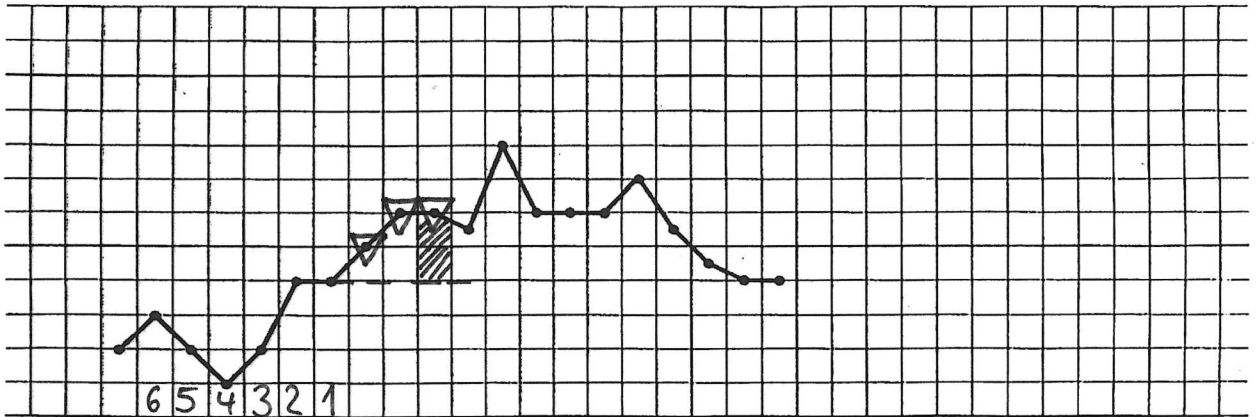
Exercise 52





Fitness Test

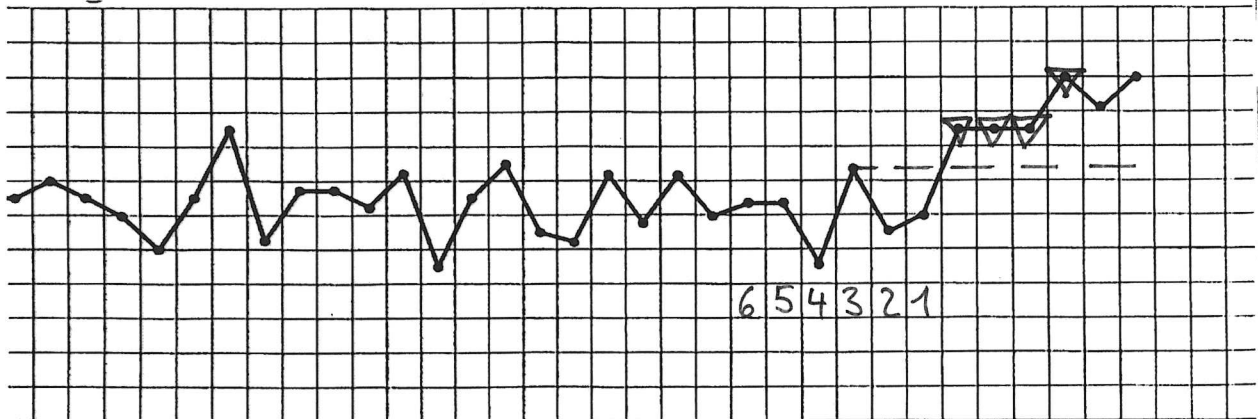
Exercise 53



Exercise 54

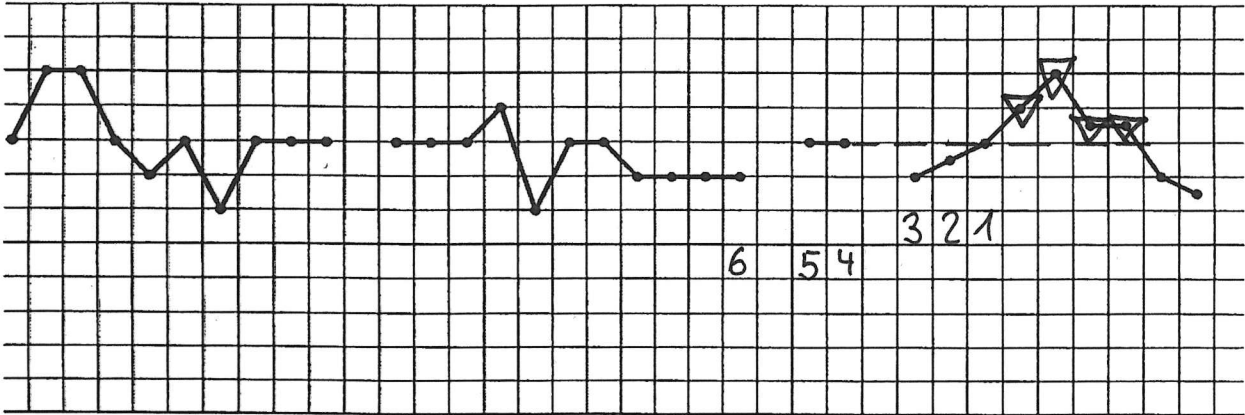


Exercise 55

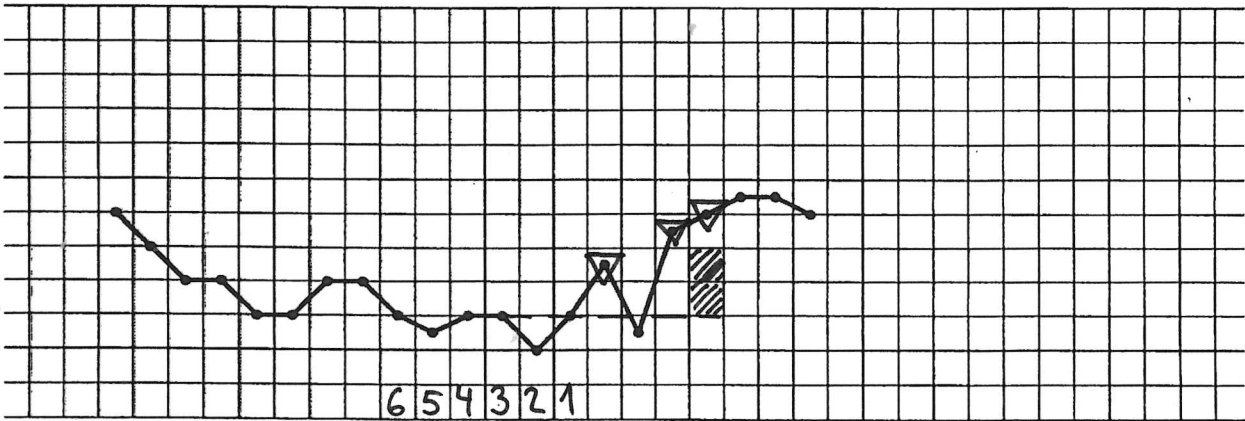




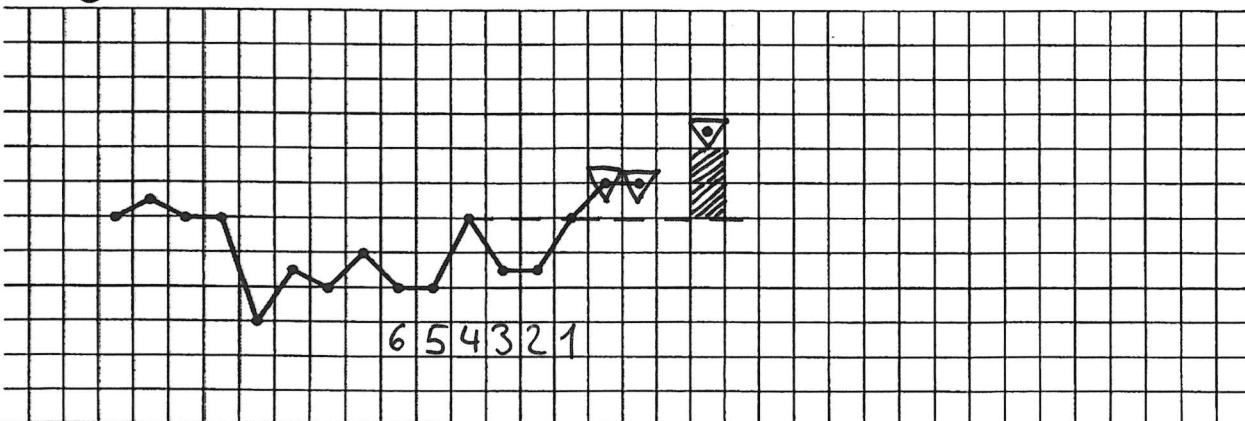
Exercise 56



Exercise 57

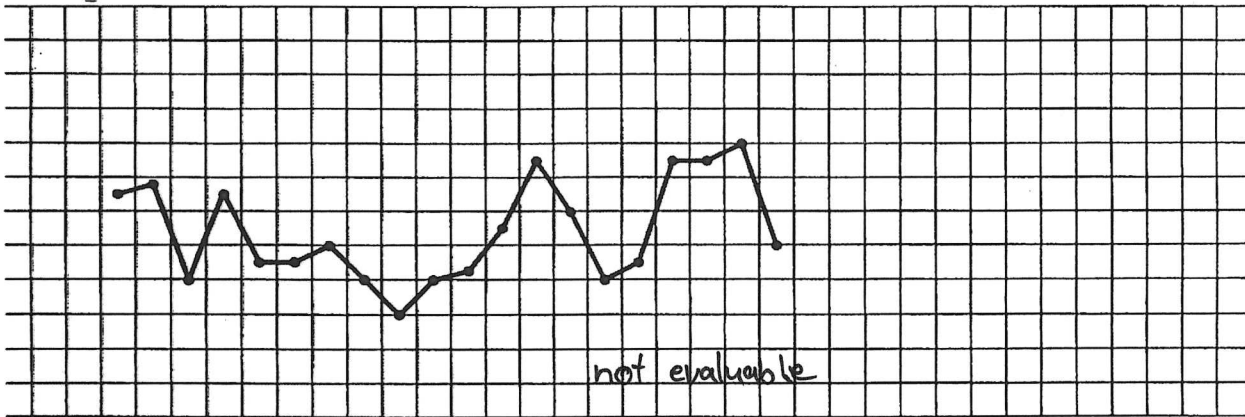


Exercise 58

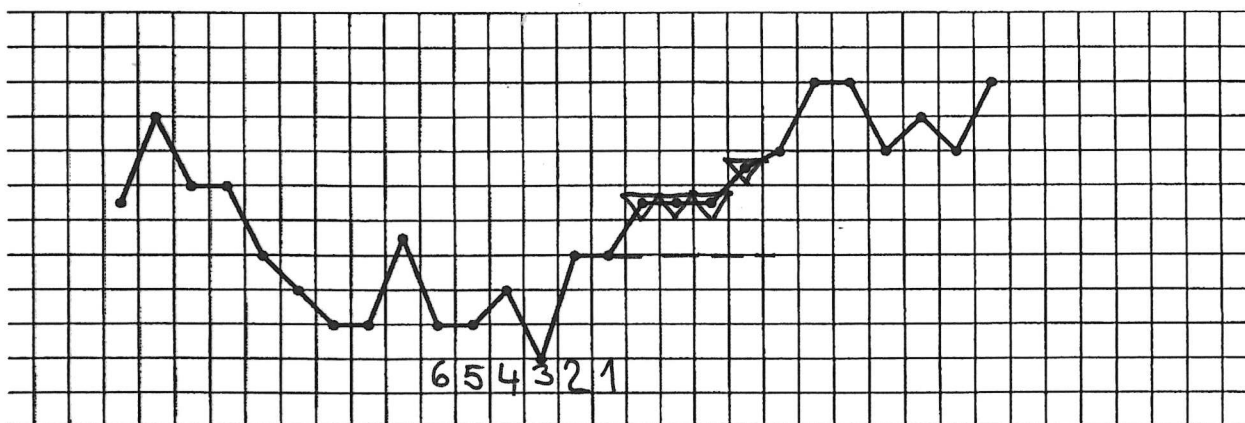




Exercise 59



Exercise 60

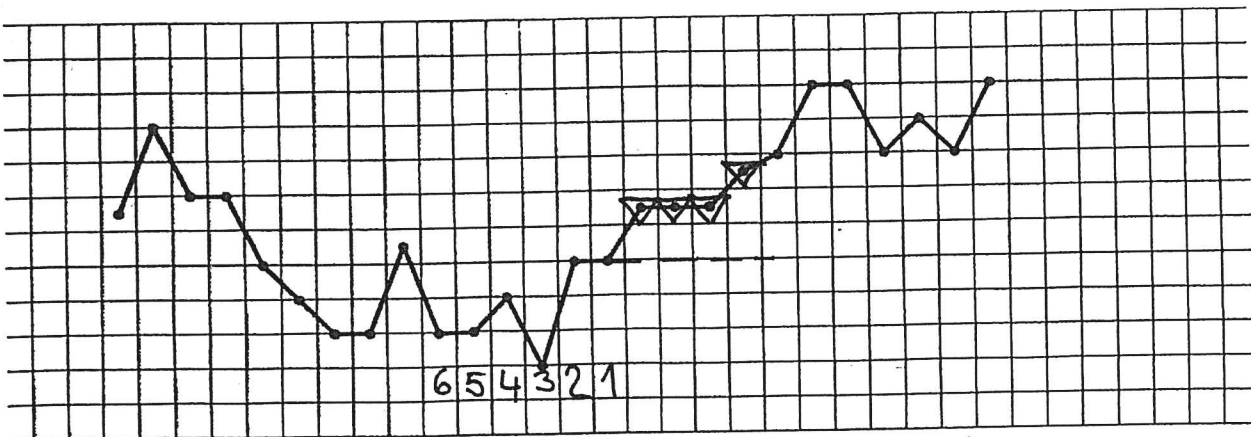




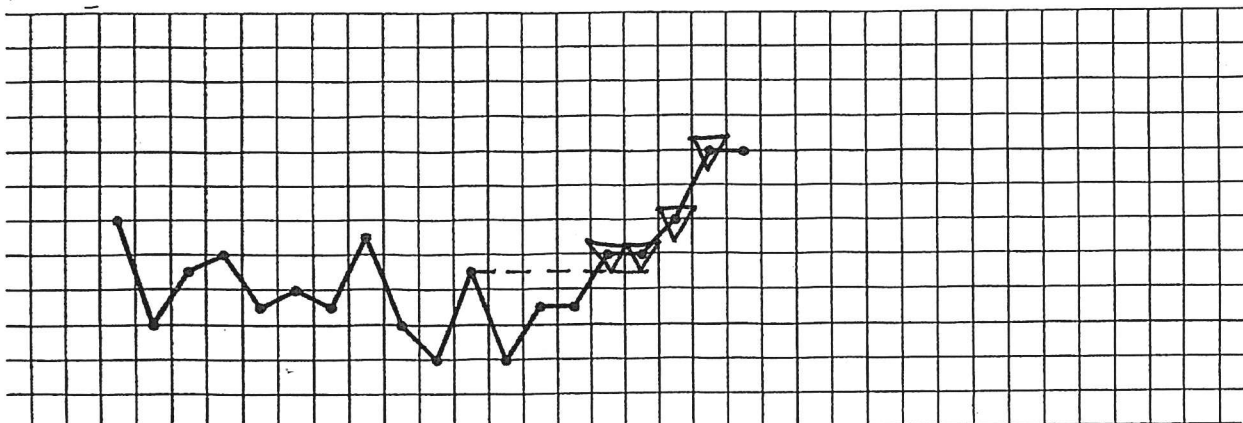
Evaluating the Temperature readings Fitness Test

Number of mistakes at the evaluate cycles	Tips for further steps
0	No wrong evaluation? Fantastic, please go to the chapter "Evaluating the temperature readings in first cycle post pill".
1-3	Go through the next chapter, you might be better.
more than 4	Do you have more than 5 wrong evaluations? Check your mistakes and go on in this chapter.

Exercise 60

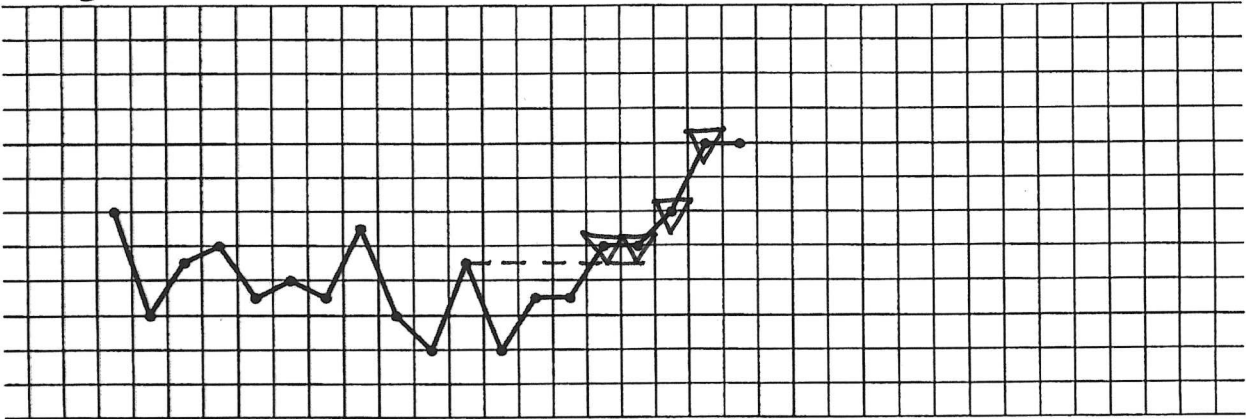


Exercise 61

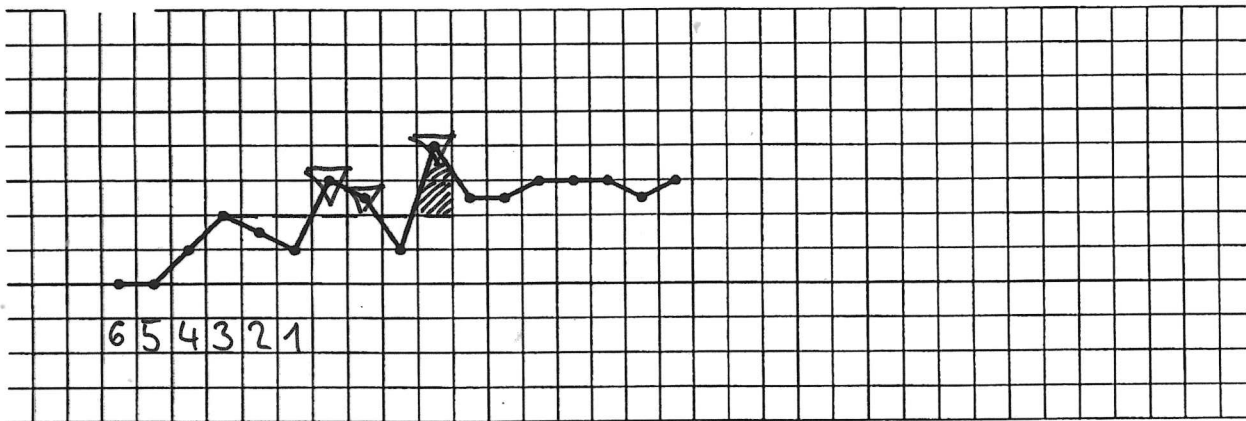




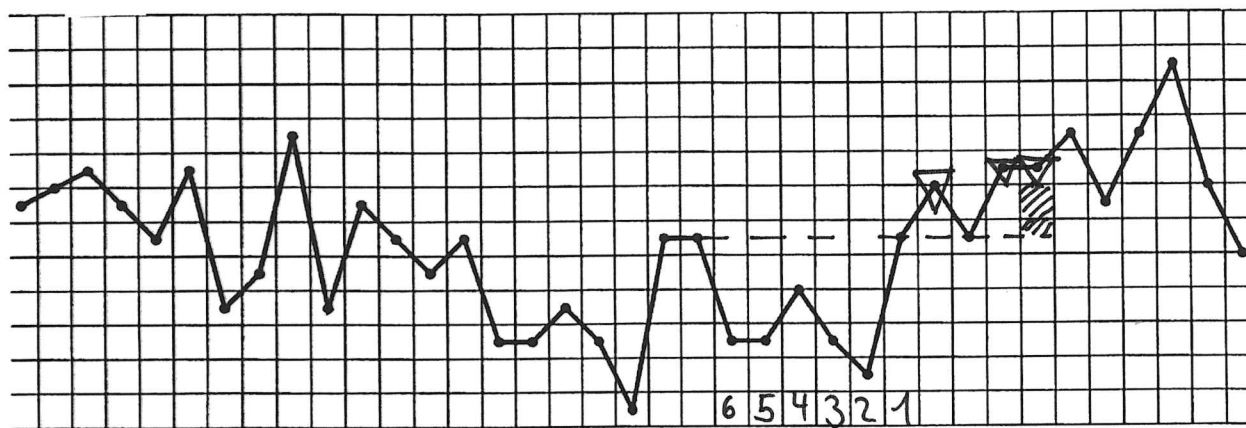
Exercise 61



Exercise 62

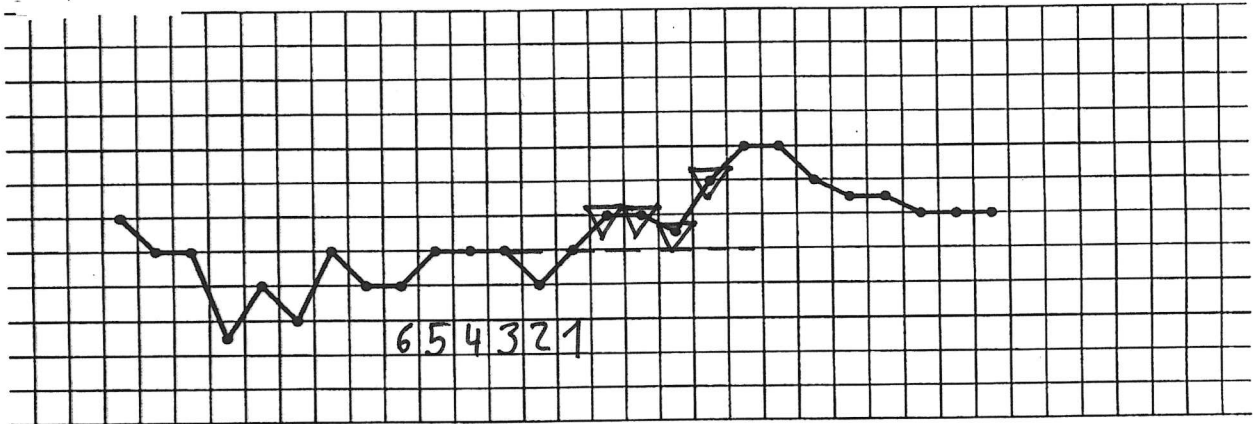


Exercise 63

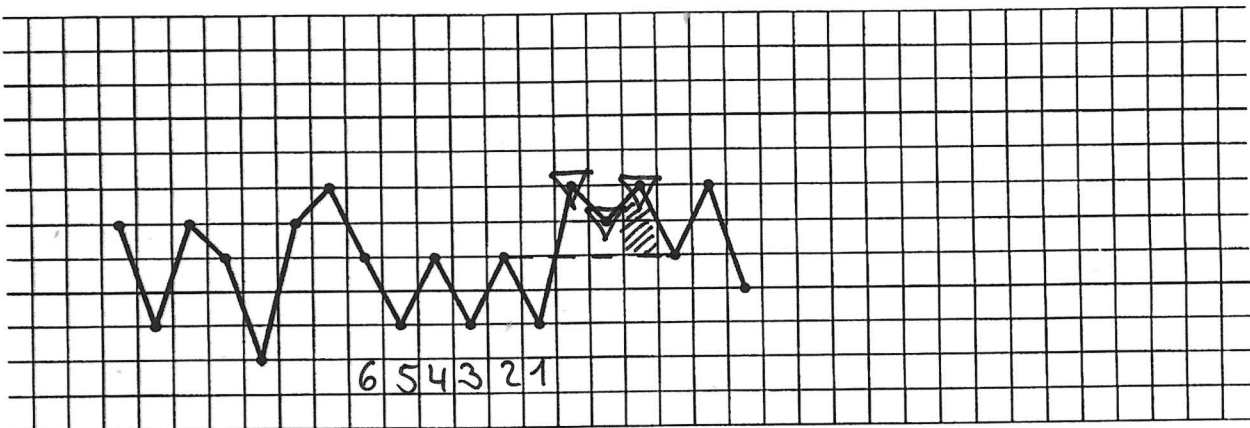




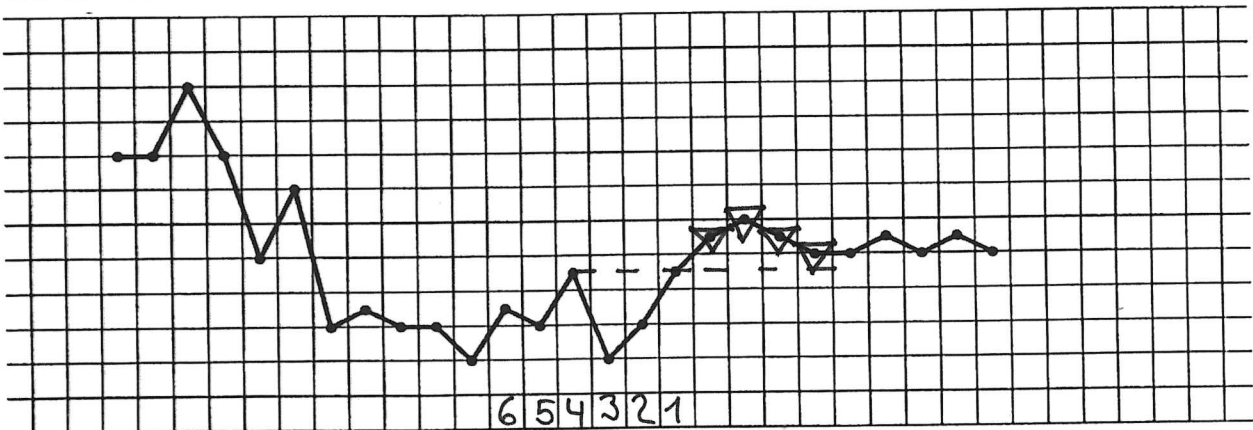
Exercise 64



Exercise 65

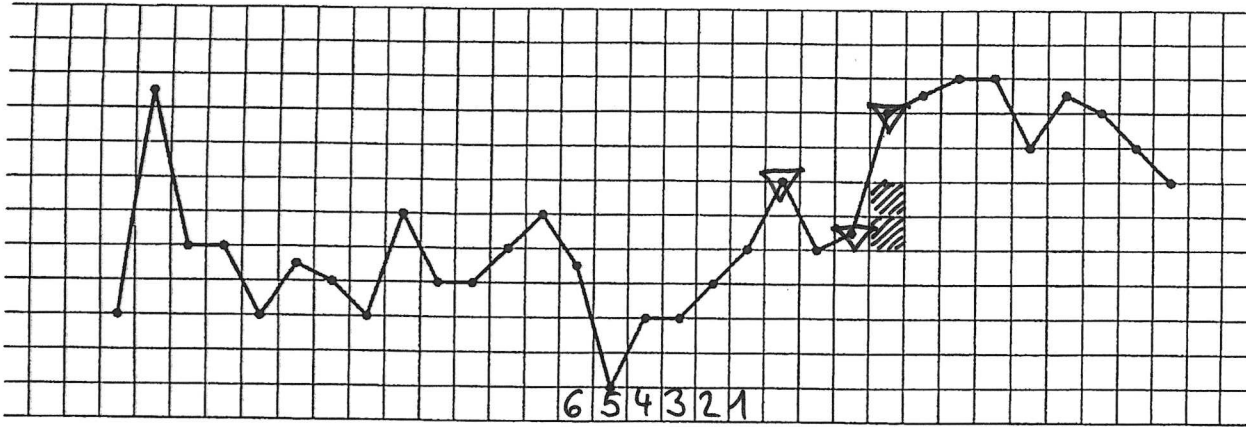


Exercise 66

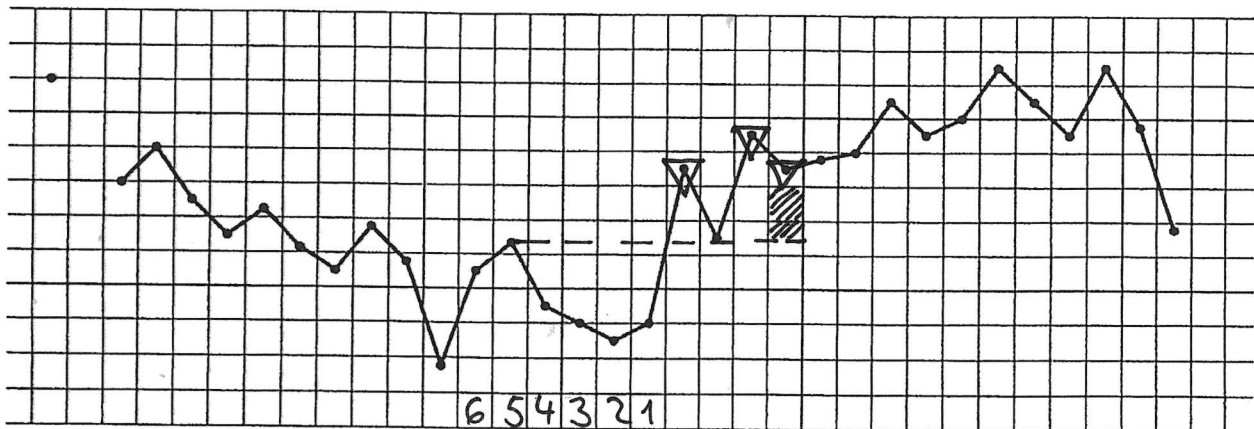




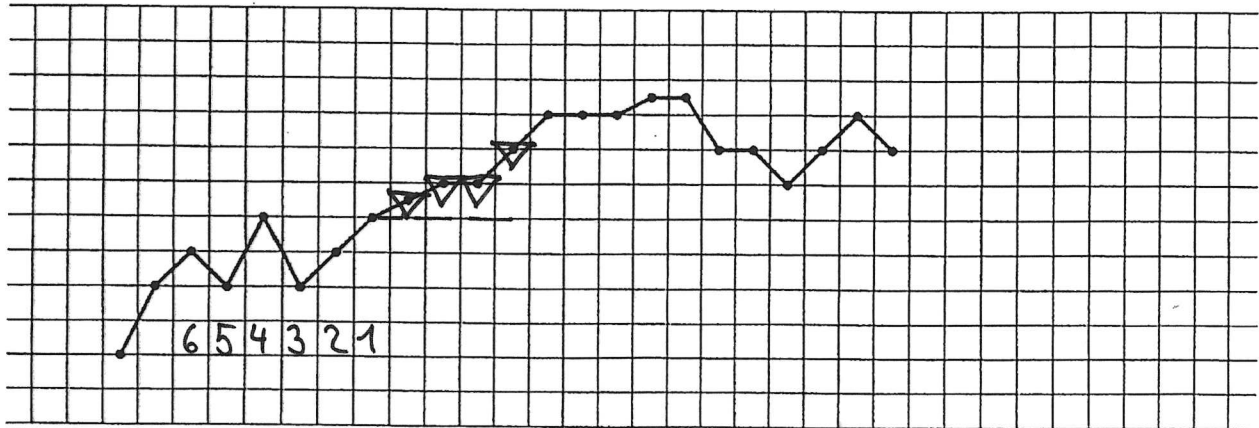
Exercise 67



Exercise 68

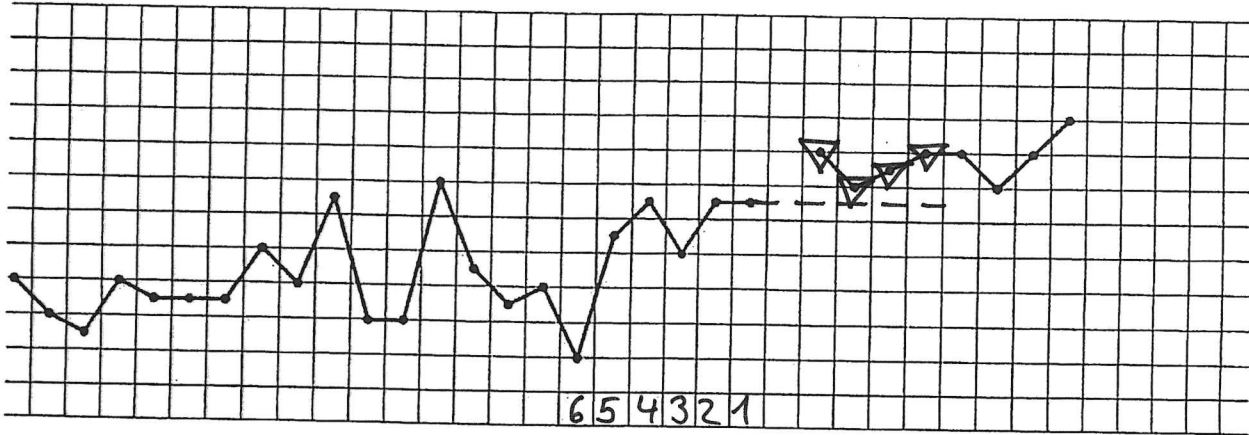


Exercise 69

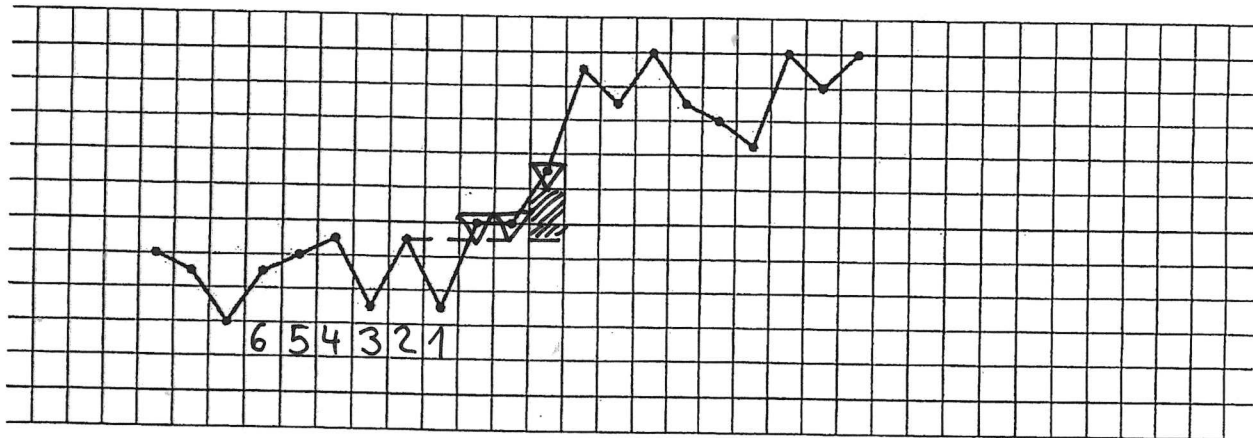




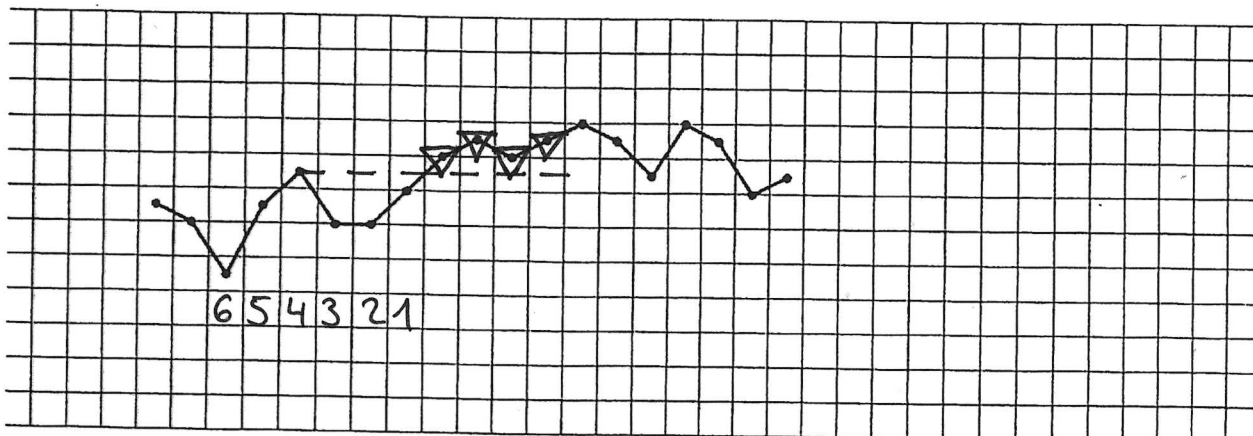
Exercise 70



Exercise 71

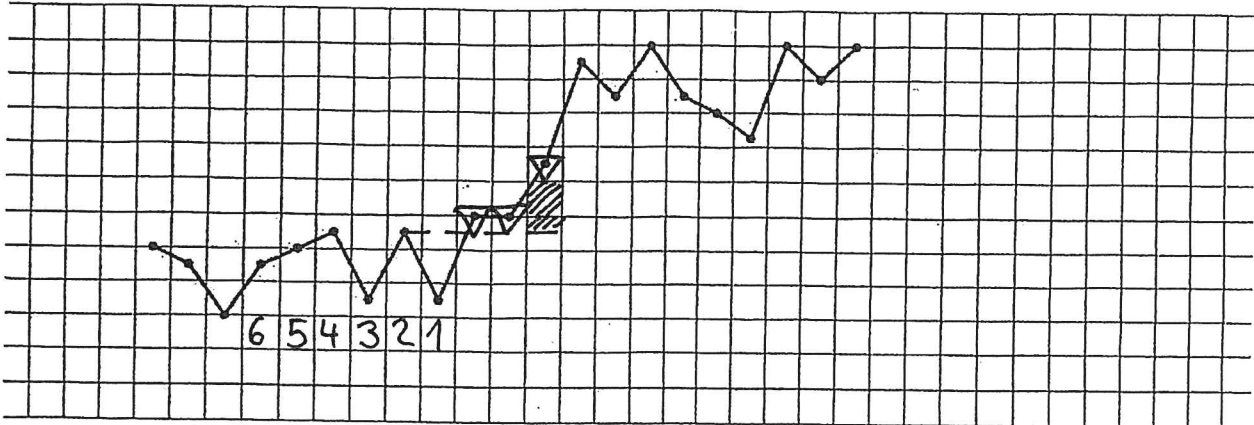


Exercise 72





Exercise 71

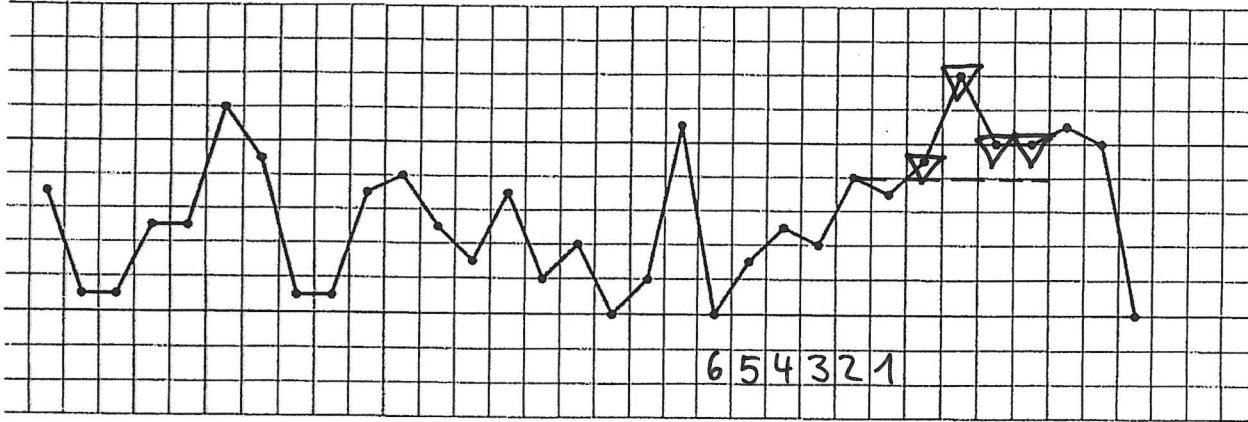


March of temperature - Half-time

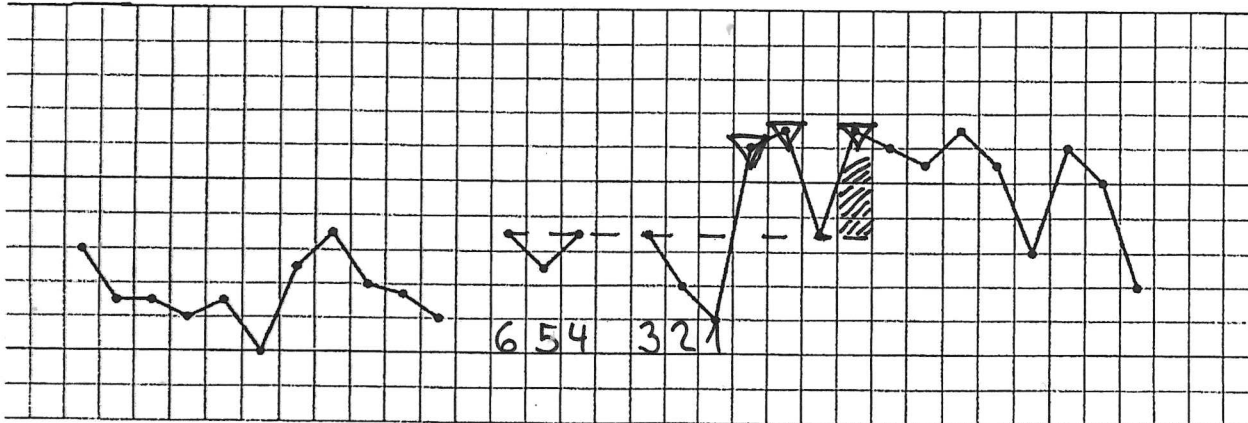
Number of mistakes at the evaluate cycles	Tips for further steps
0	Fantastic! You can go on with the next chapter.
1-3	Good! Correct your evaluation and go on with the exercises 72-84.
more than 4	Complete this chapter to get rid of the mistakes.



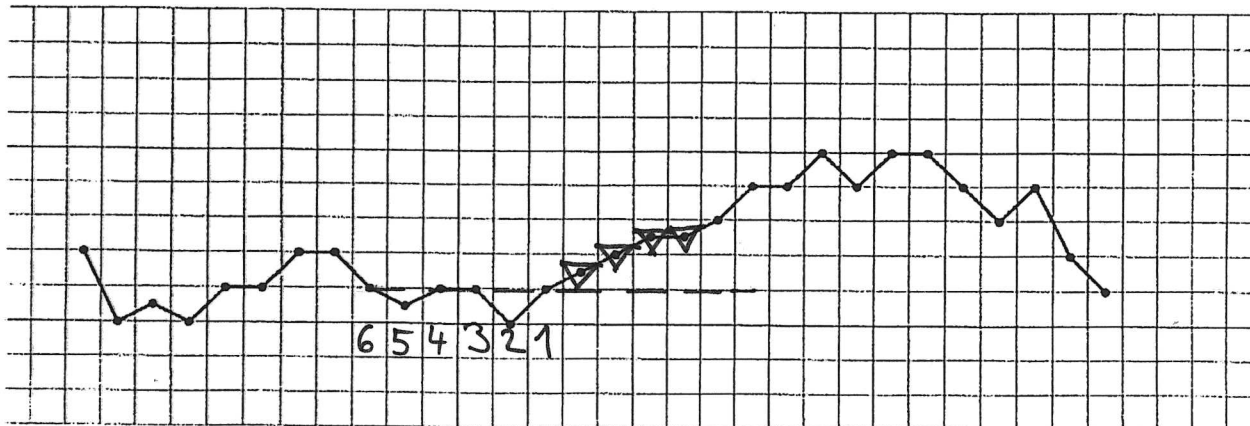
Exercise 73



Exercise 74

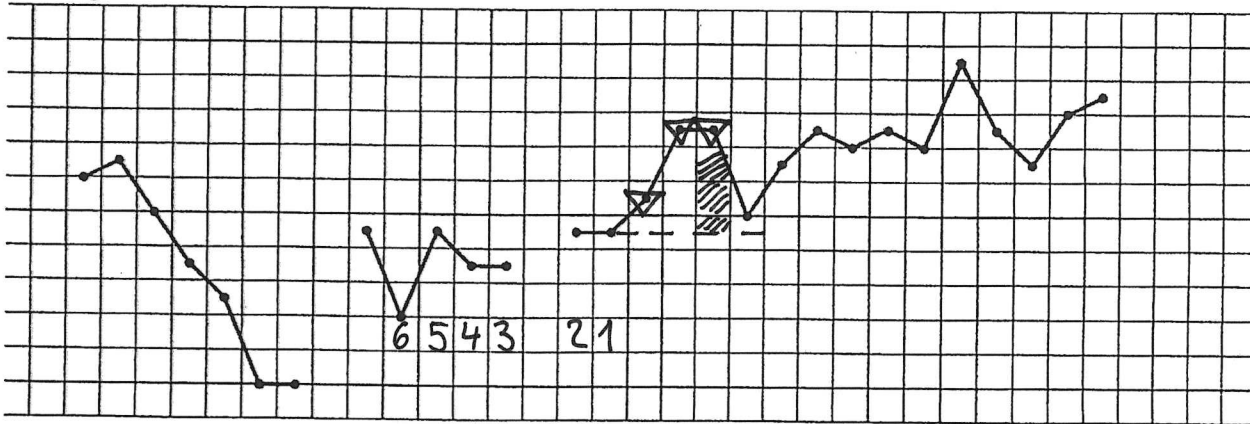


Exercise 75

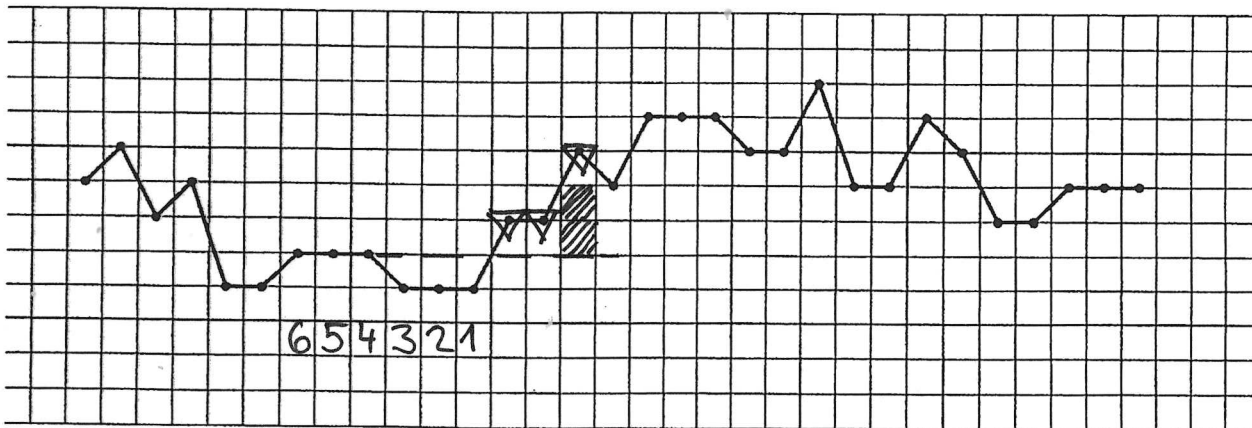




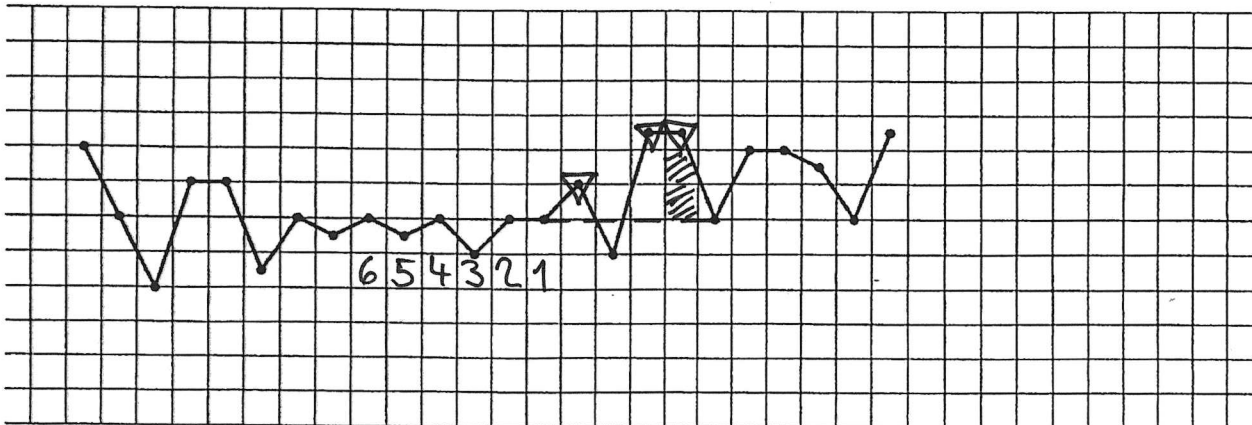
Exercise 76



Exercise 77

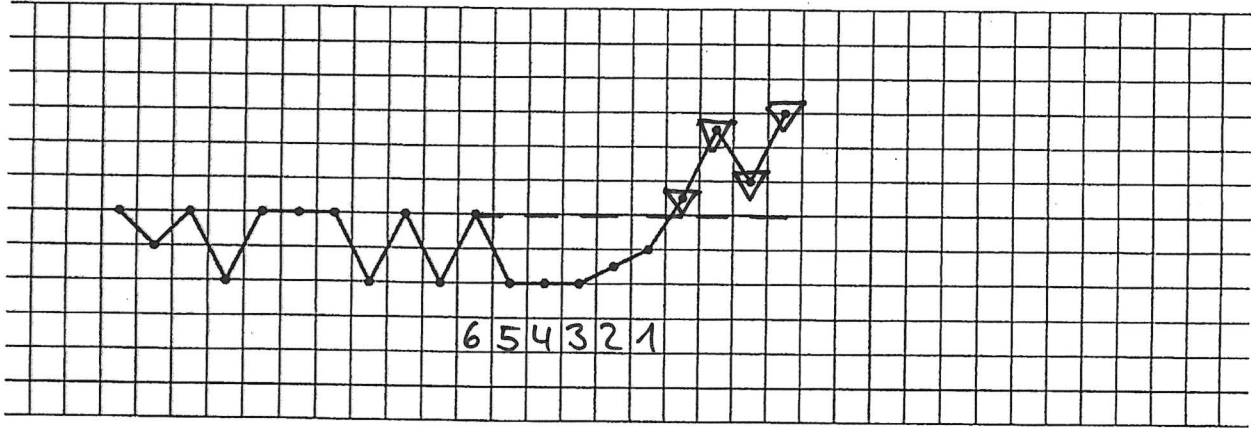


Exercise 78

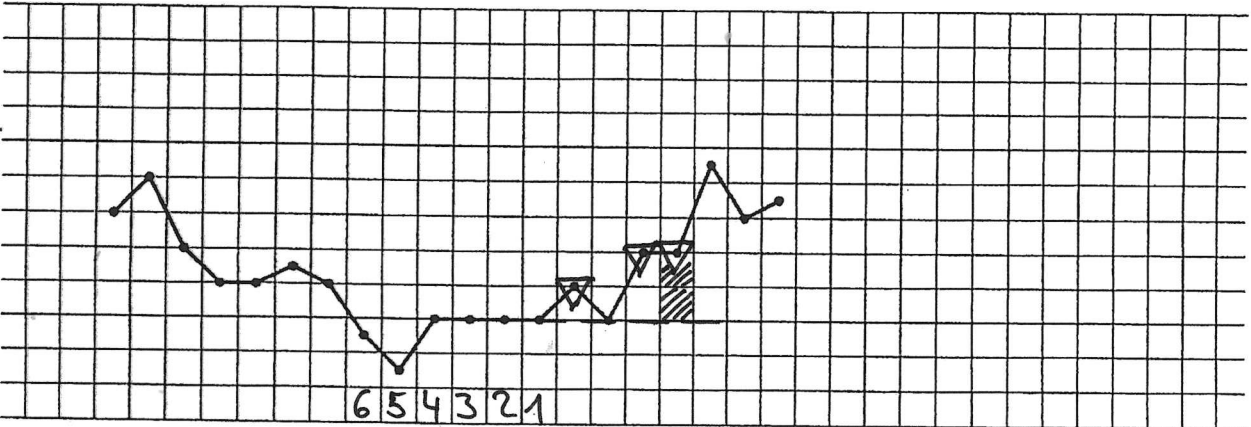




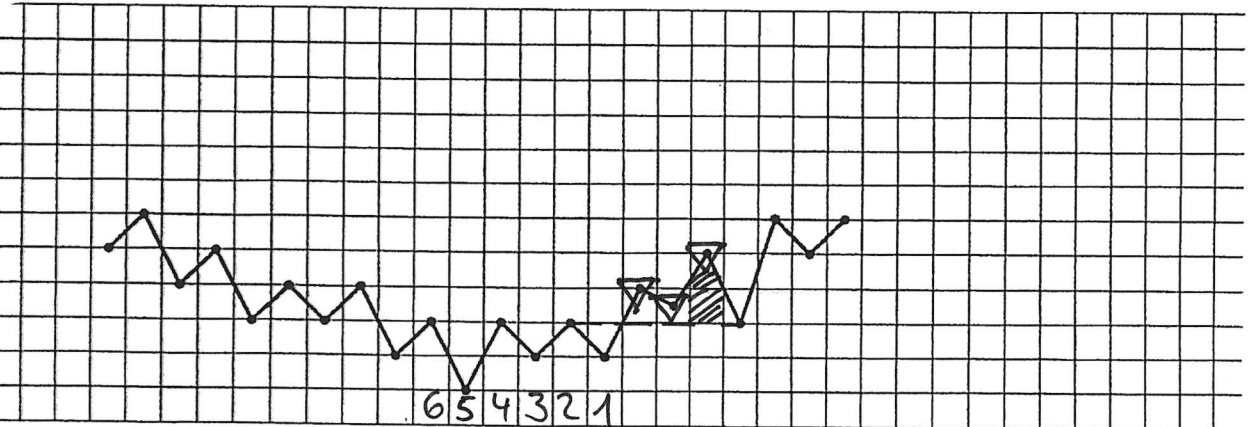
Exercise 79



Exercise 80

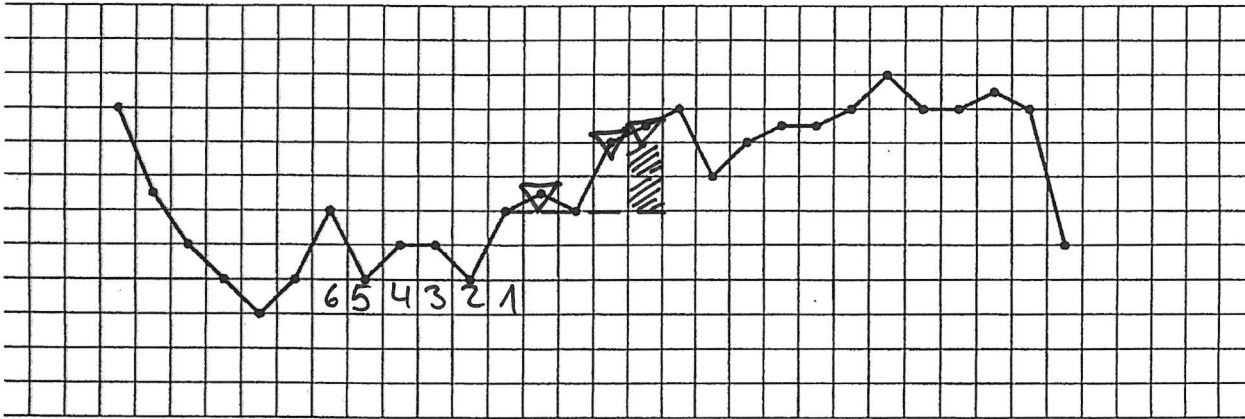


Exercise 81

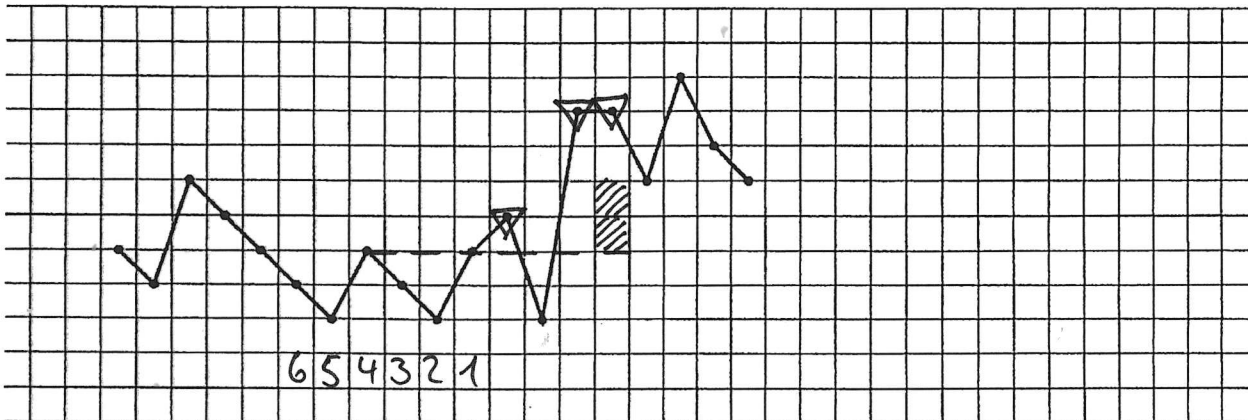




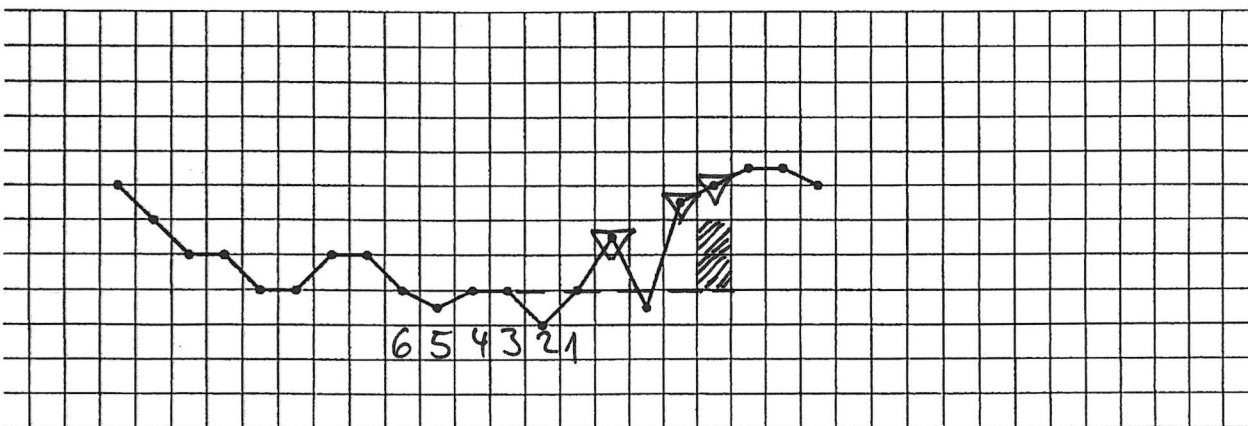
Exercise 82



Exercise 83

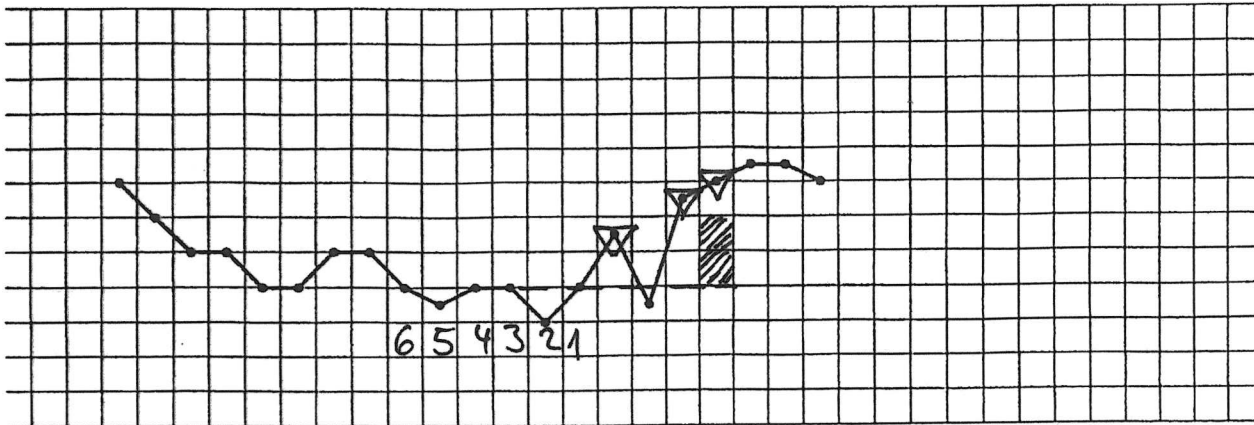


Exercise 84

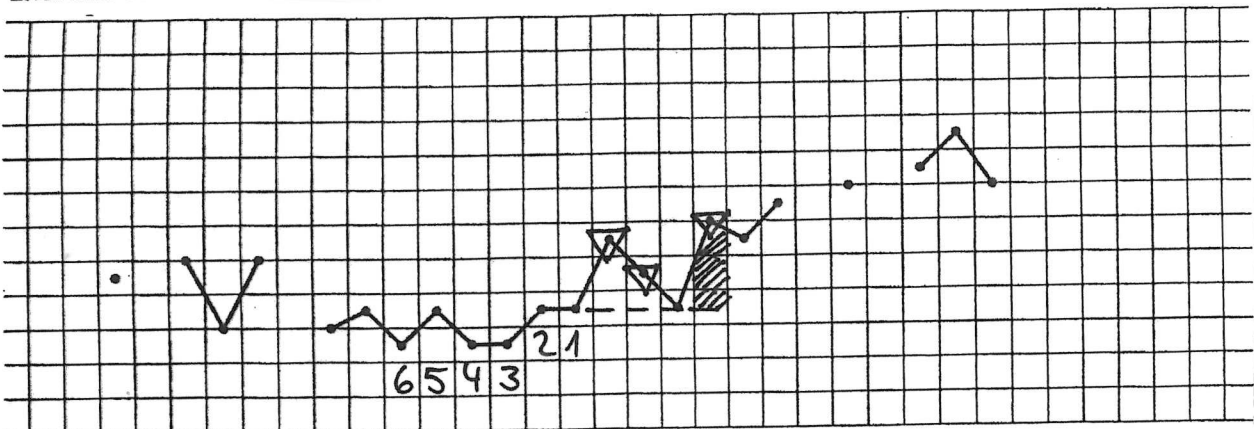




Exercise 84



Exercise 85

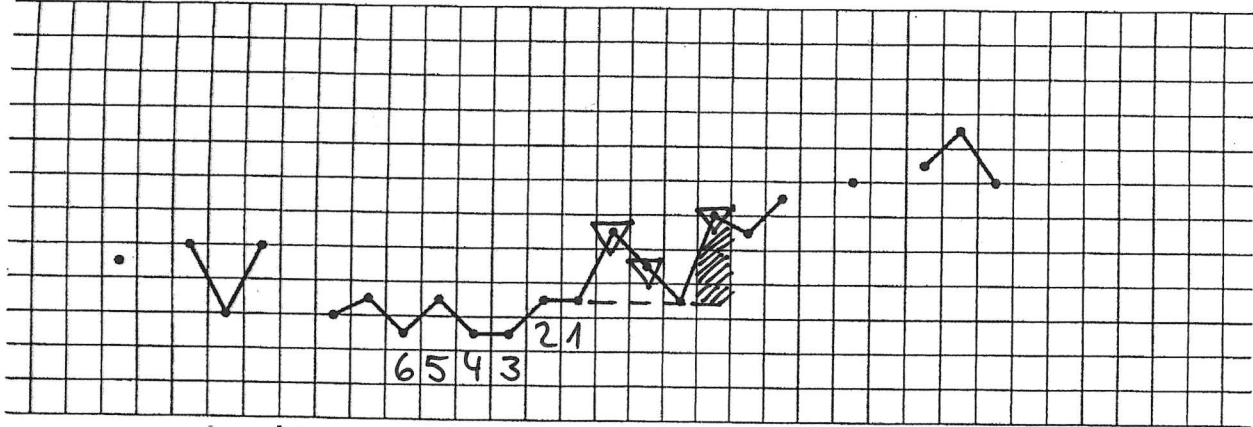


March of temperature- Final results

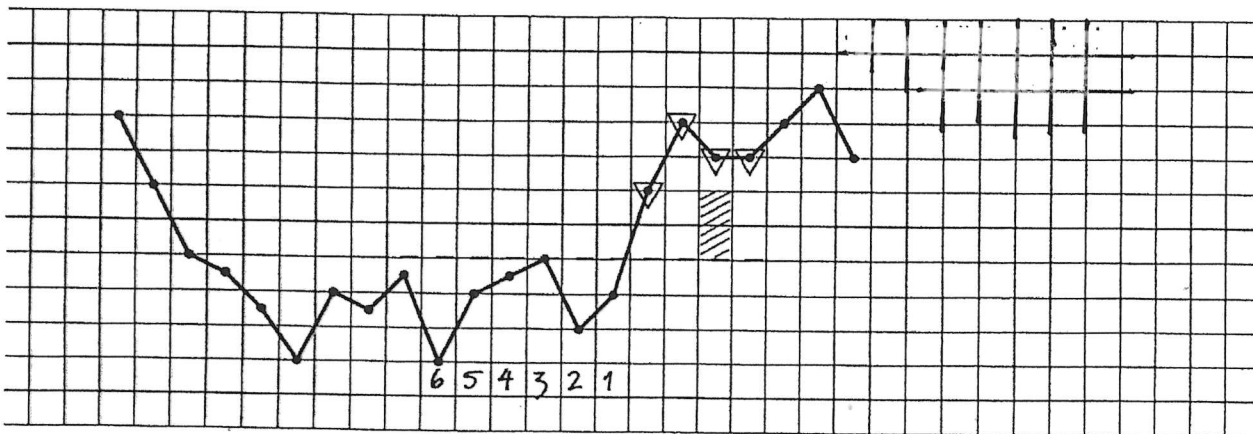
Number of mistakes at the evaluate cycles	Tips for further steps
0	Fantastic! Go on with the next chapter
1-3	Check your mistakes and go on with the next chapter.
more than 4	Work on this chapter again to get rid of your mistakes.



Exercise 85

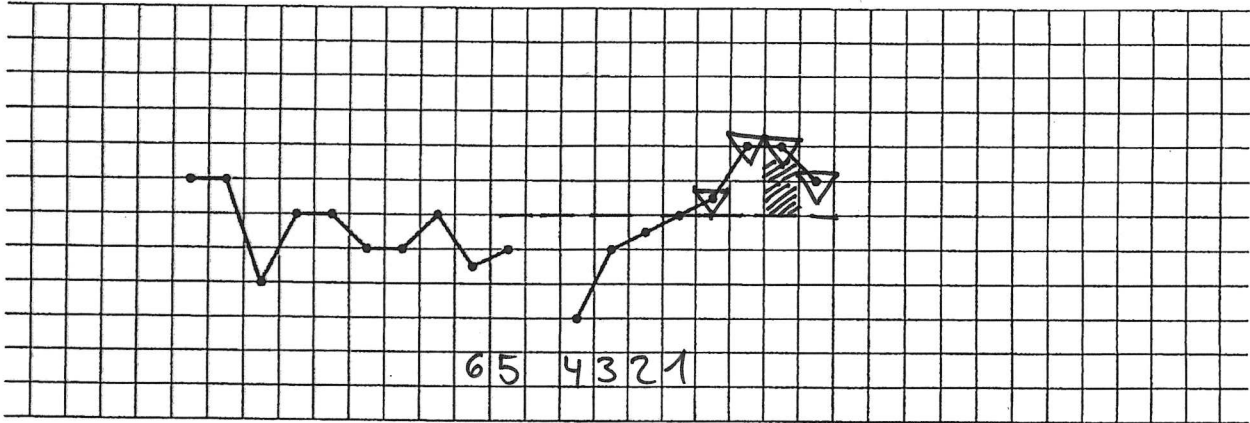


temperature interpretation in the first cycle post pill

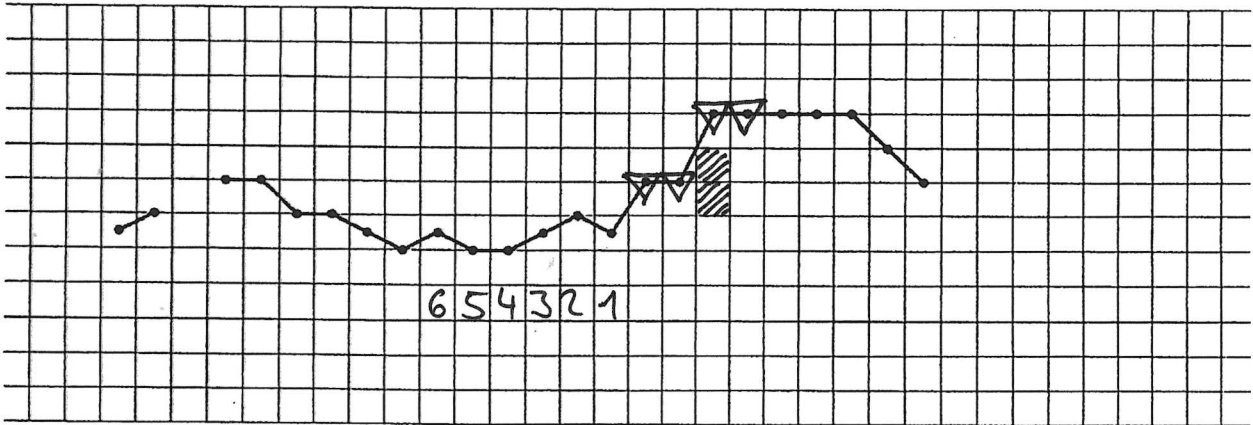




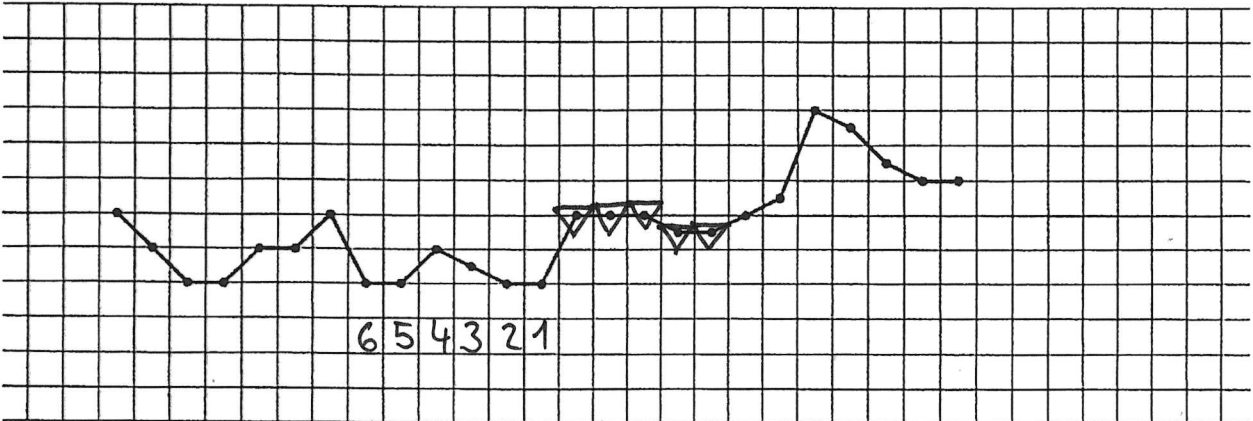
Exercise 86



Exercise 87

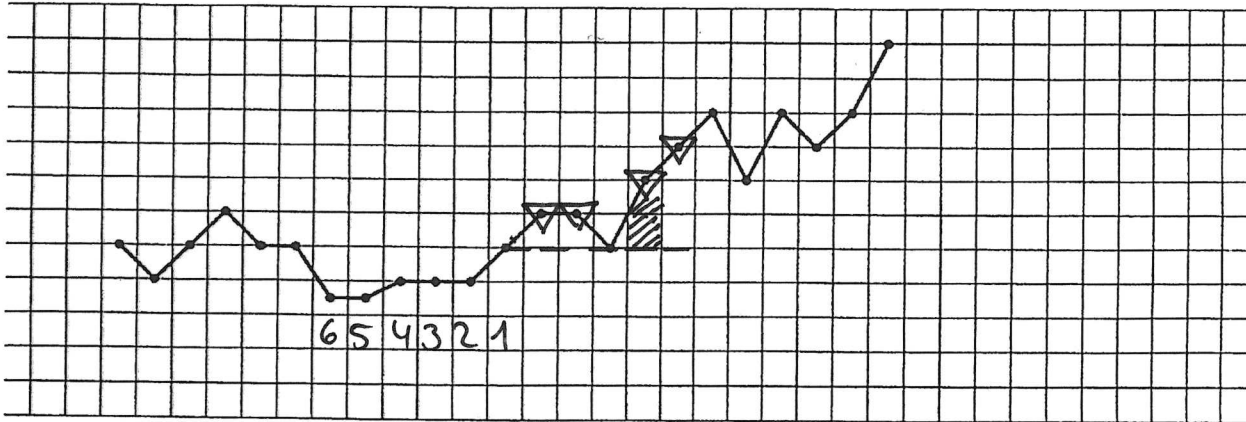


Exercise 88

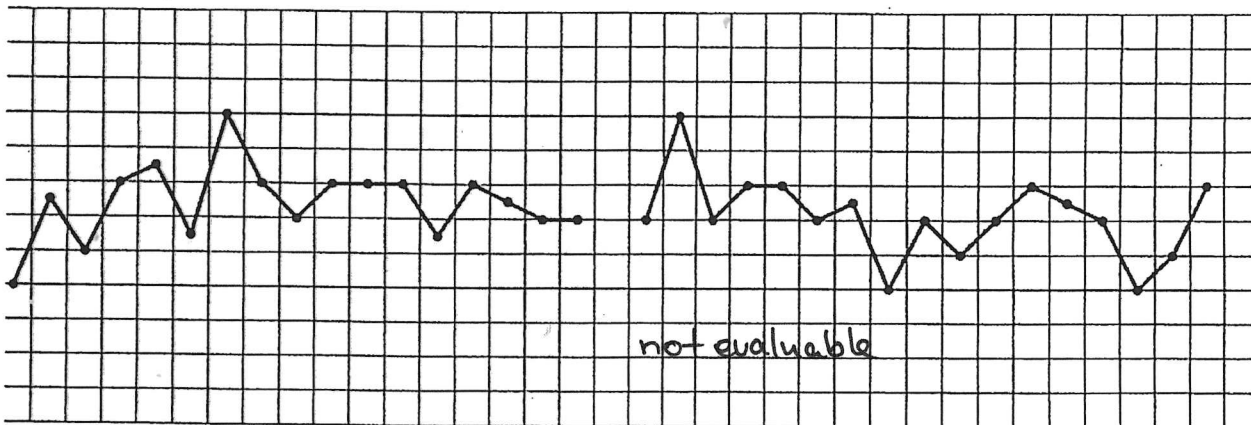




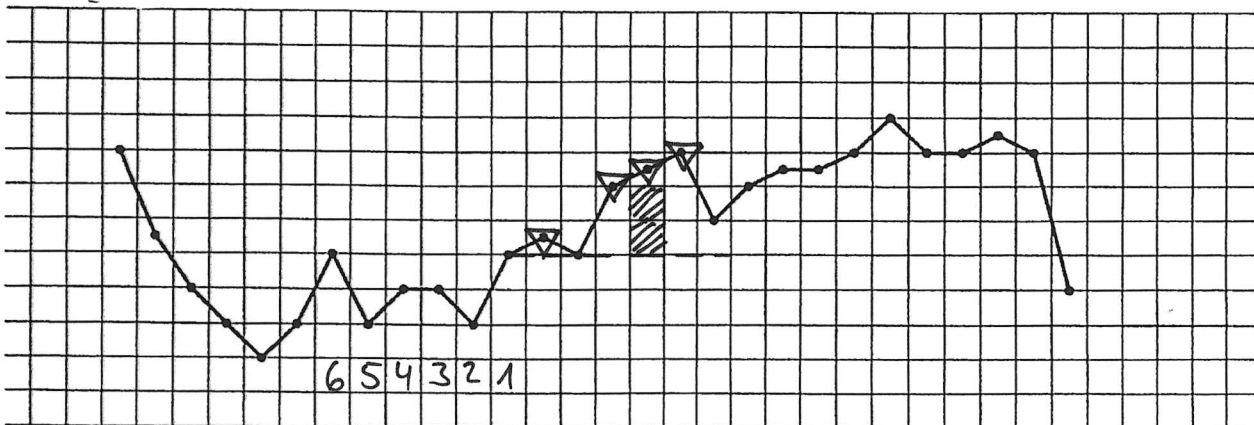
Exercise 92



Exercise 93

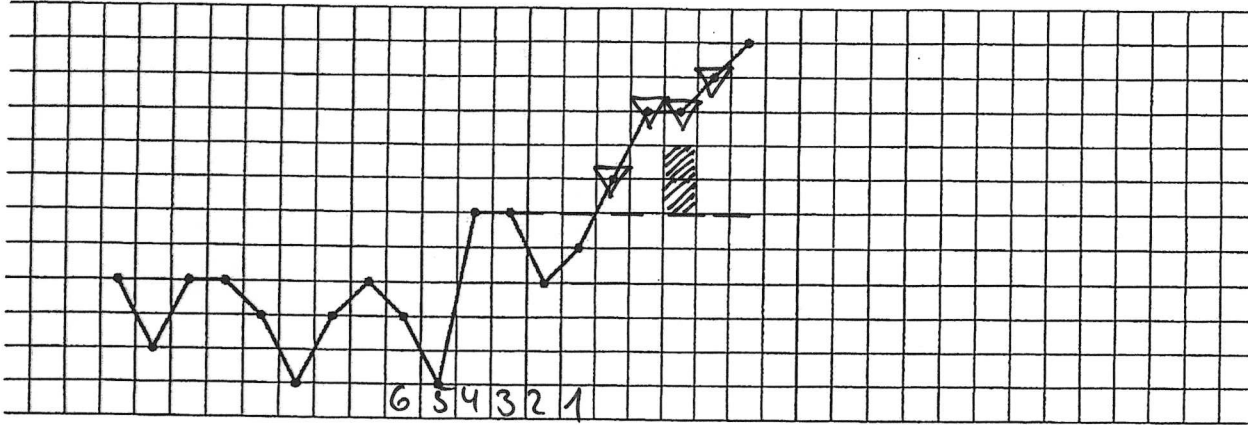


Exercise 94



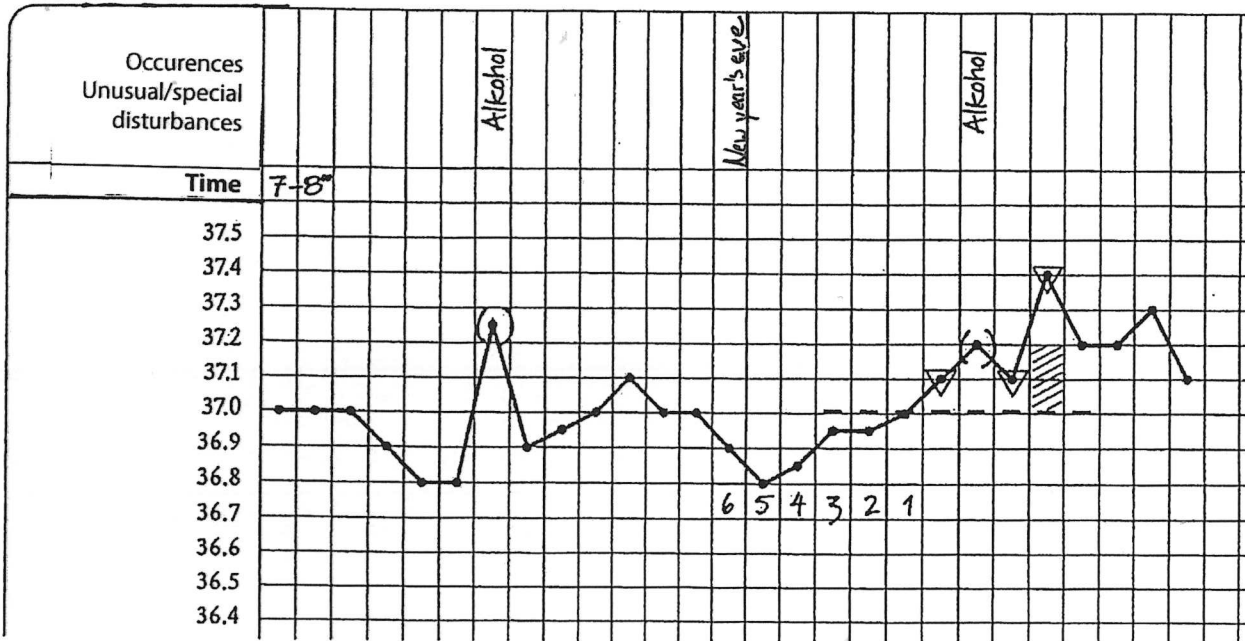


Exercise 95



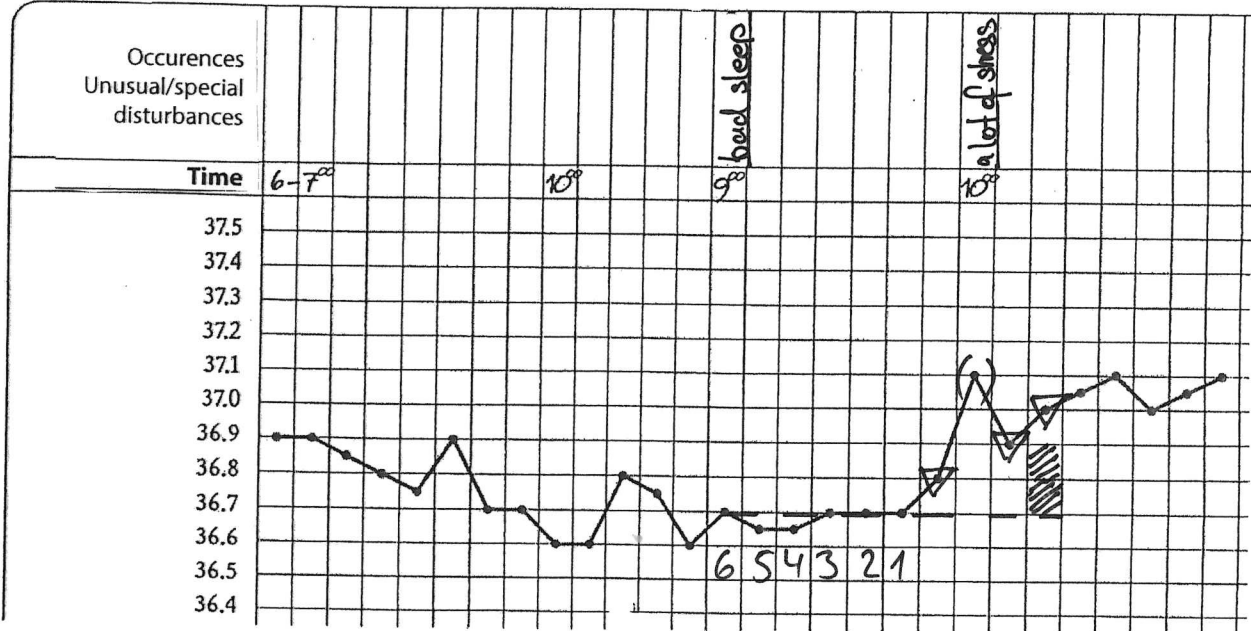
Interpreation of disturbances

Example

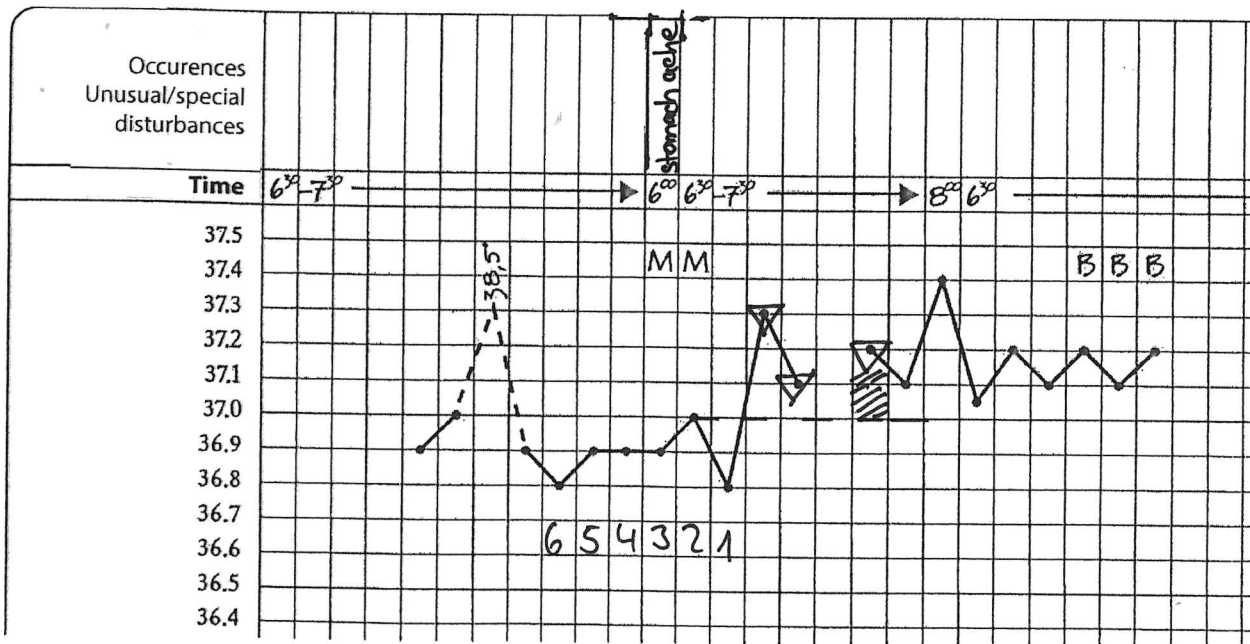




Exercise 104

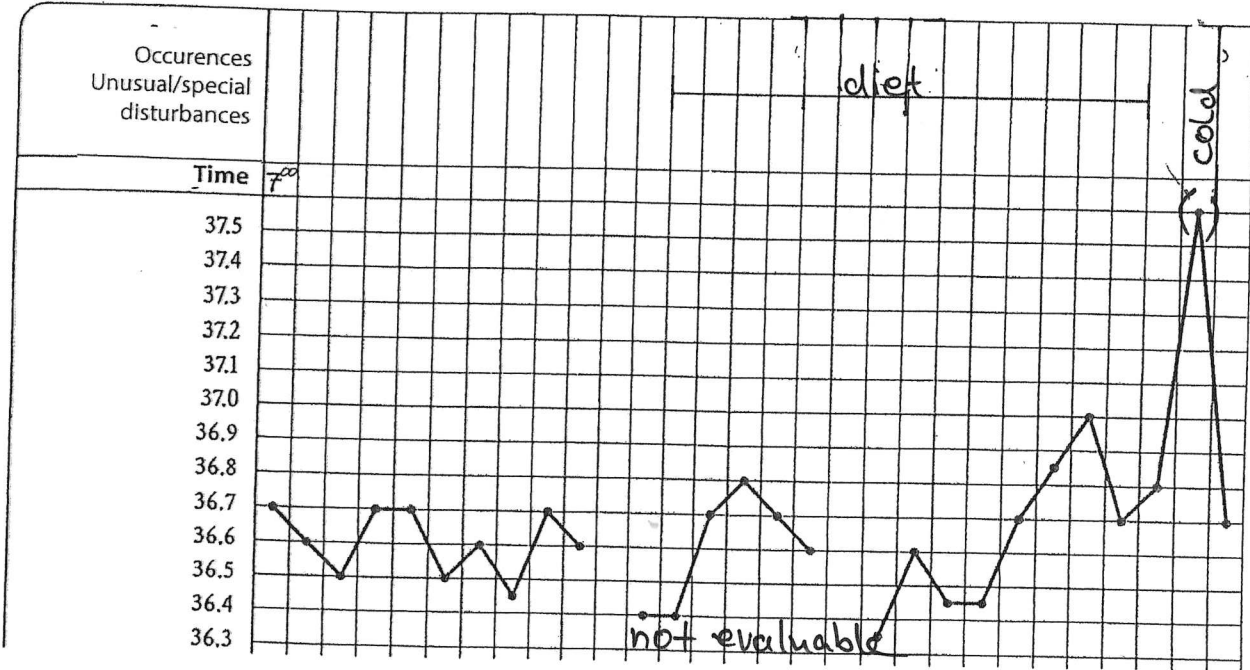


Exercise 105

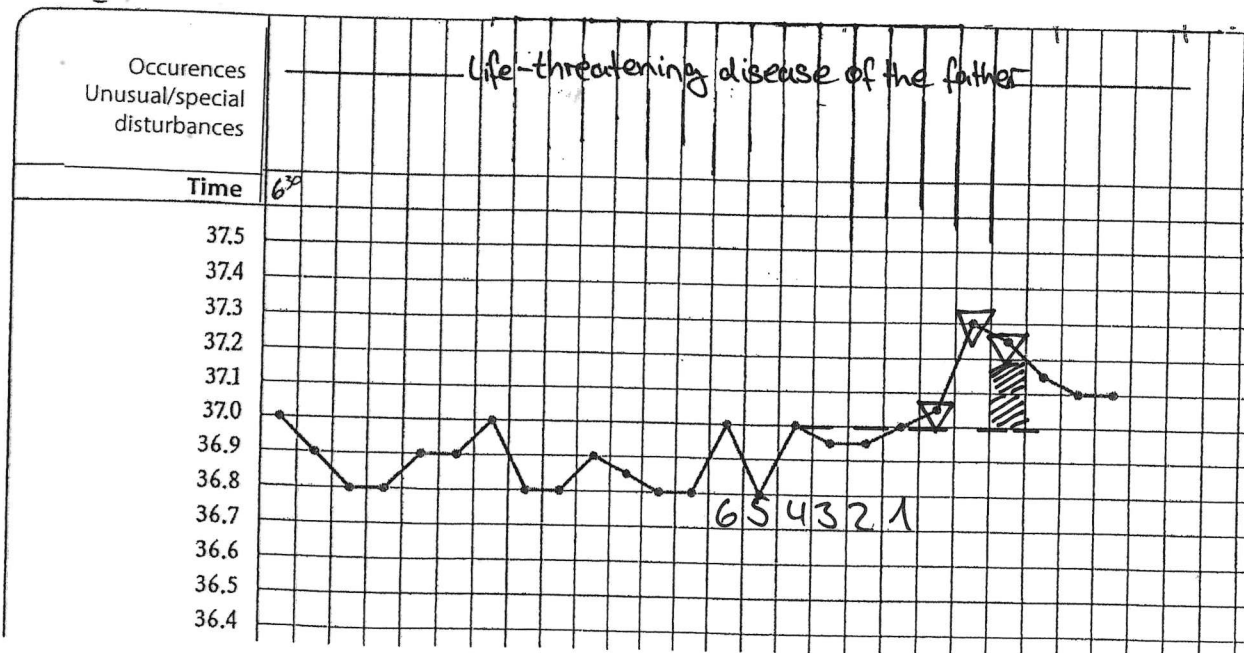




Exercise 106



Exercise 107



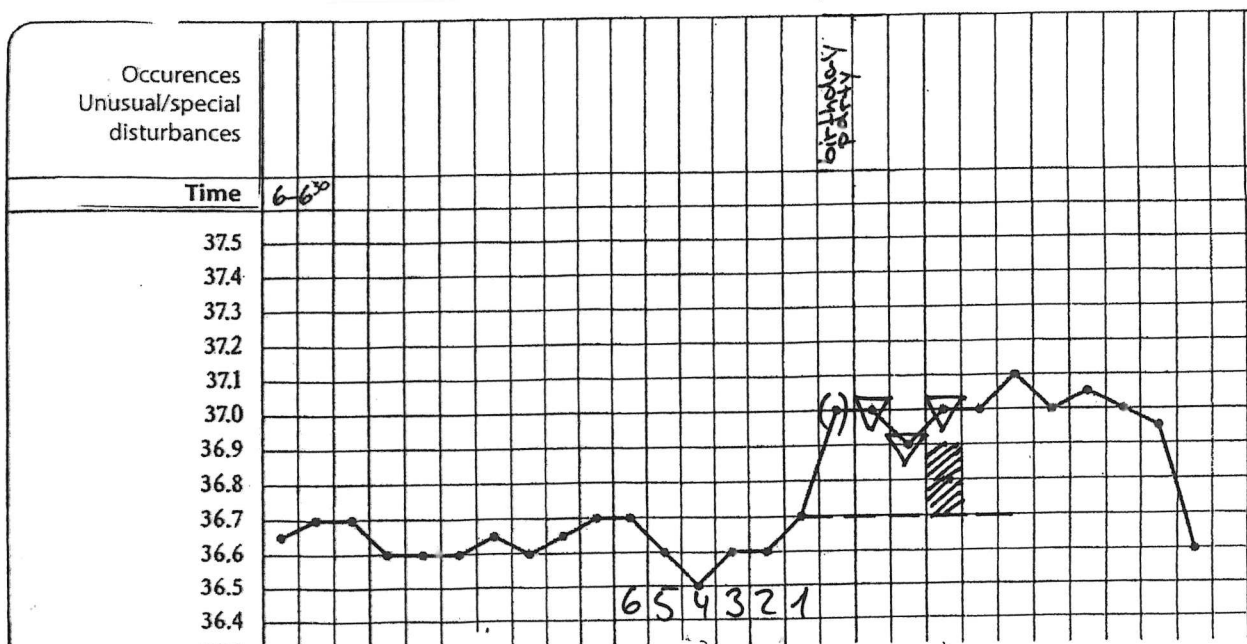
Check your interpretation in the solutions.



Disturbances in the temperature curve - Half-time

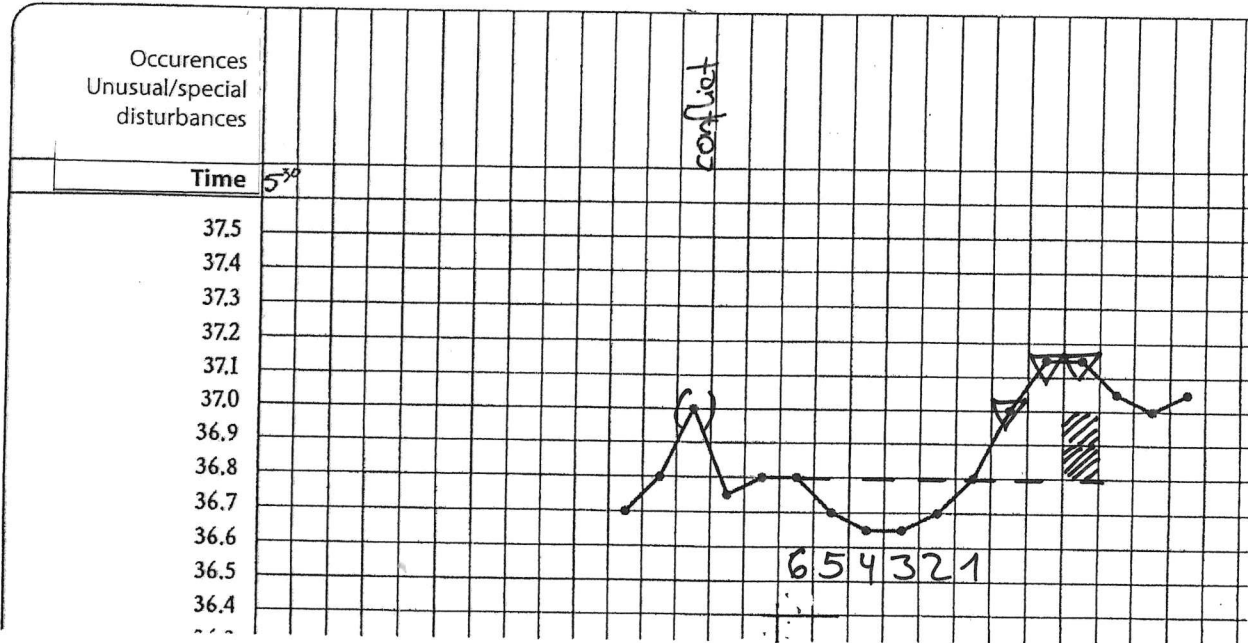
Number of mistakes in the evaluate cycles	Suggestions for further steps
0	Fantastic! You can go on with the next chapter.
1-3	Well done! Correct your evaluation and choose 4 cycles in the exercises 107-118 to work on.
more than 4	Work on this chapter again to get rid of your mistakes and read in the guideline "Natural and safe" the chapter "Disturbances of the temperature"

Exercise 108

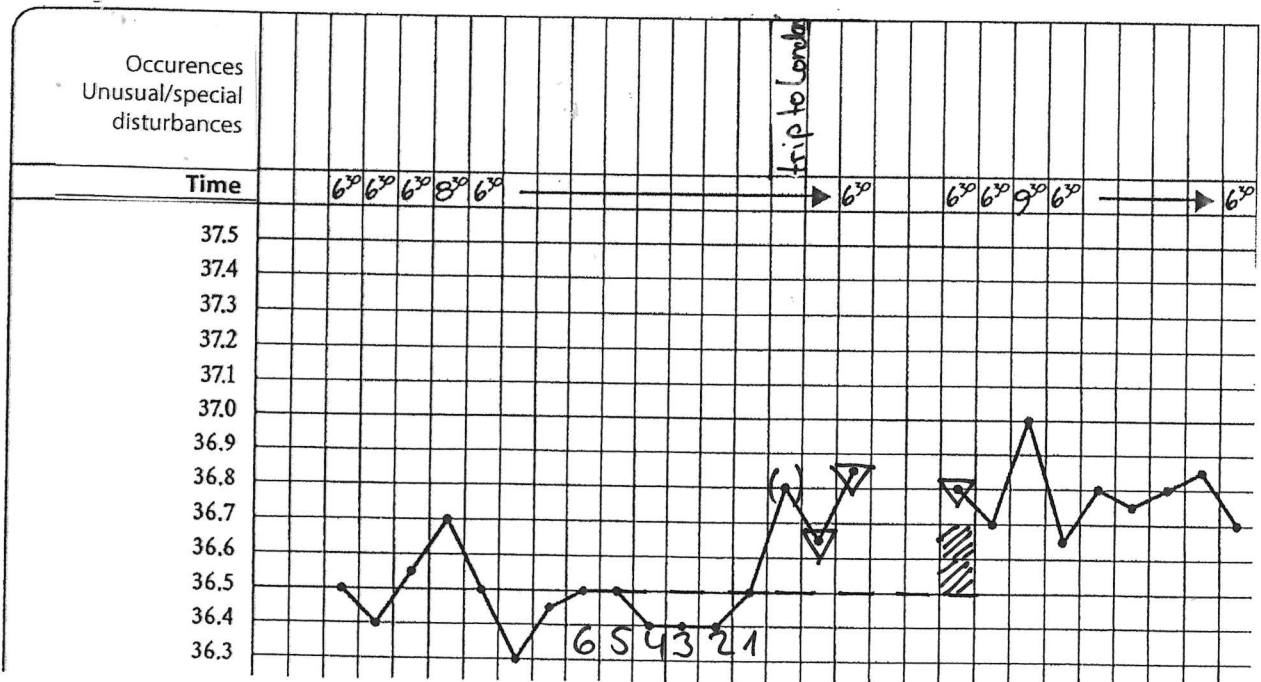


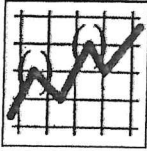


Exercise 110

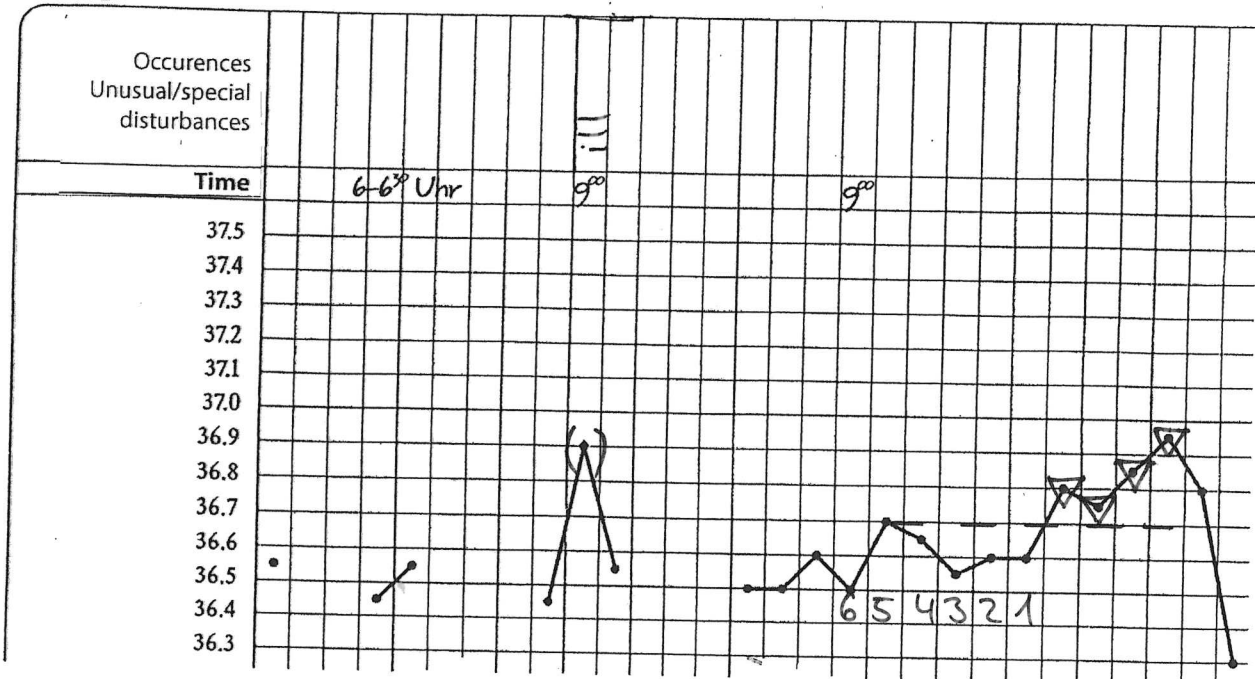


Exercise 111

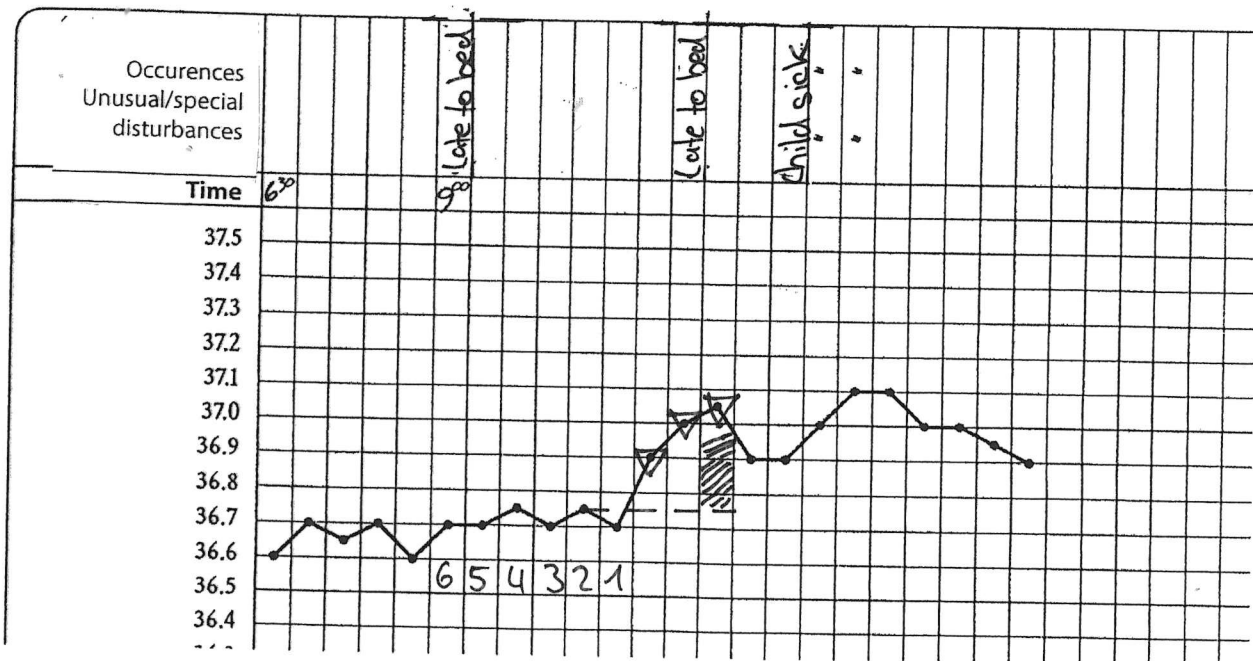


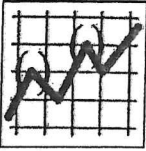


Exercise 112

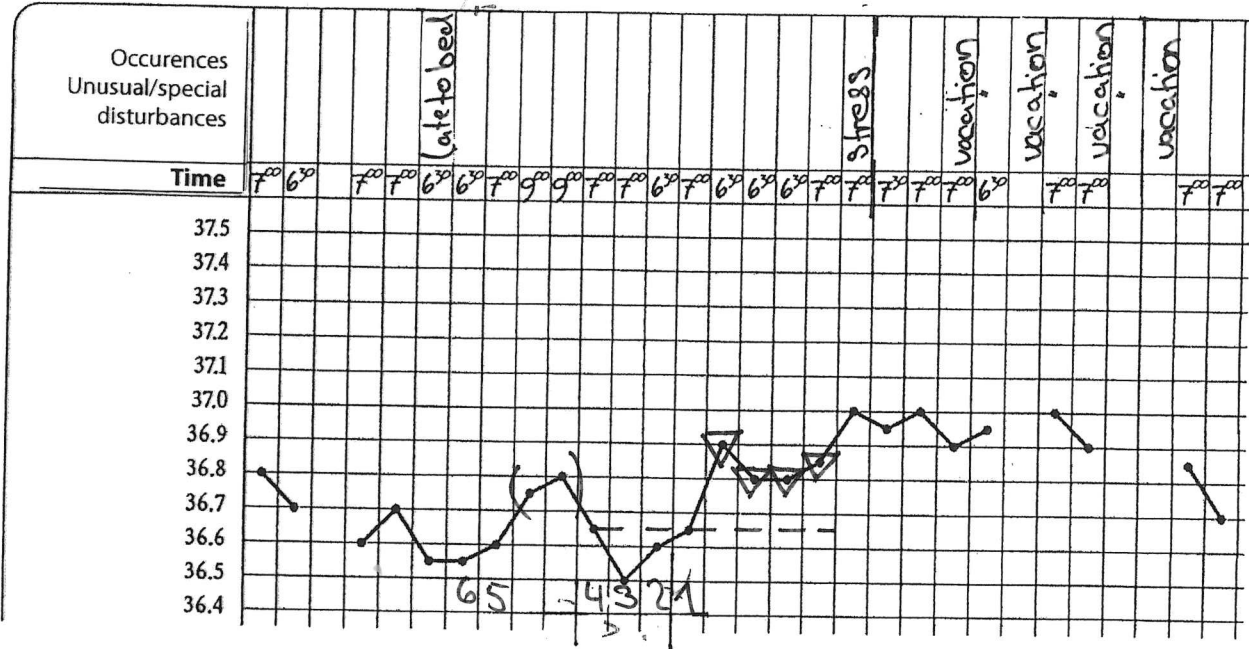


Exercise 113

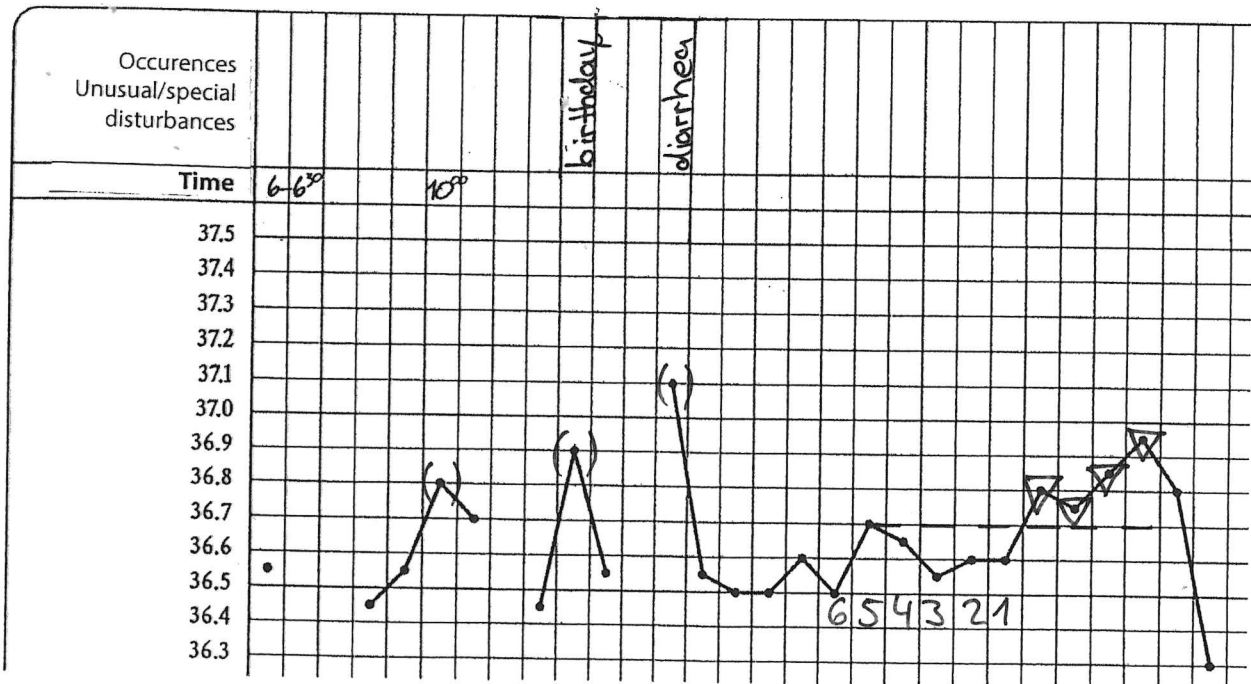


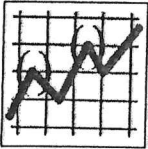


Exercise 114

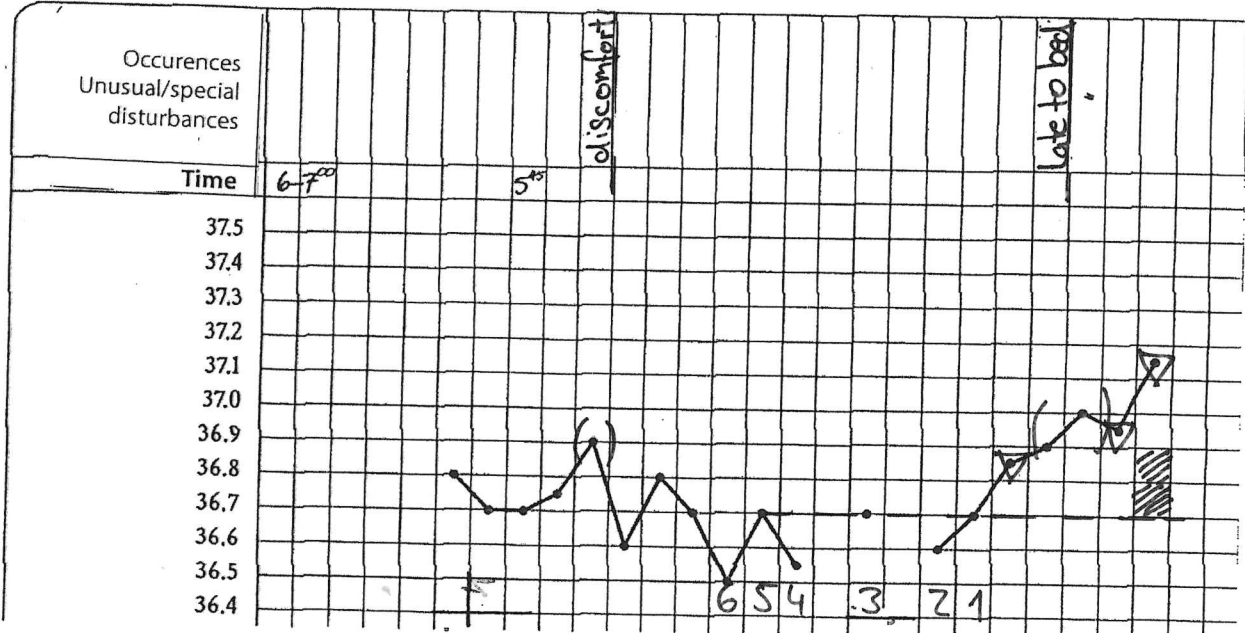


Exercise 115

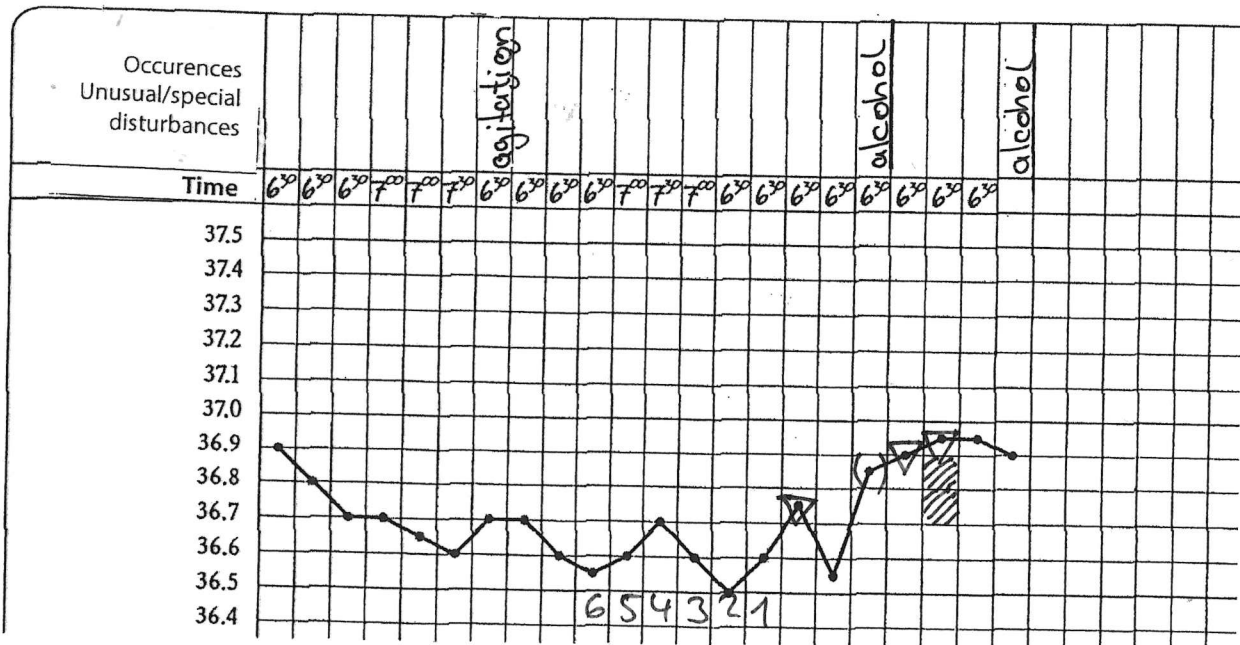


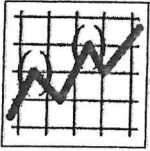


Exercise 116

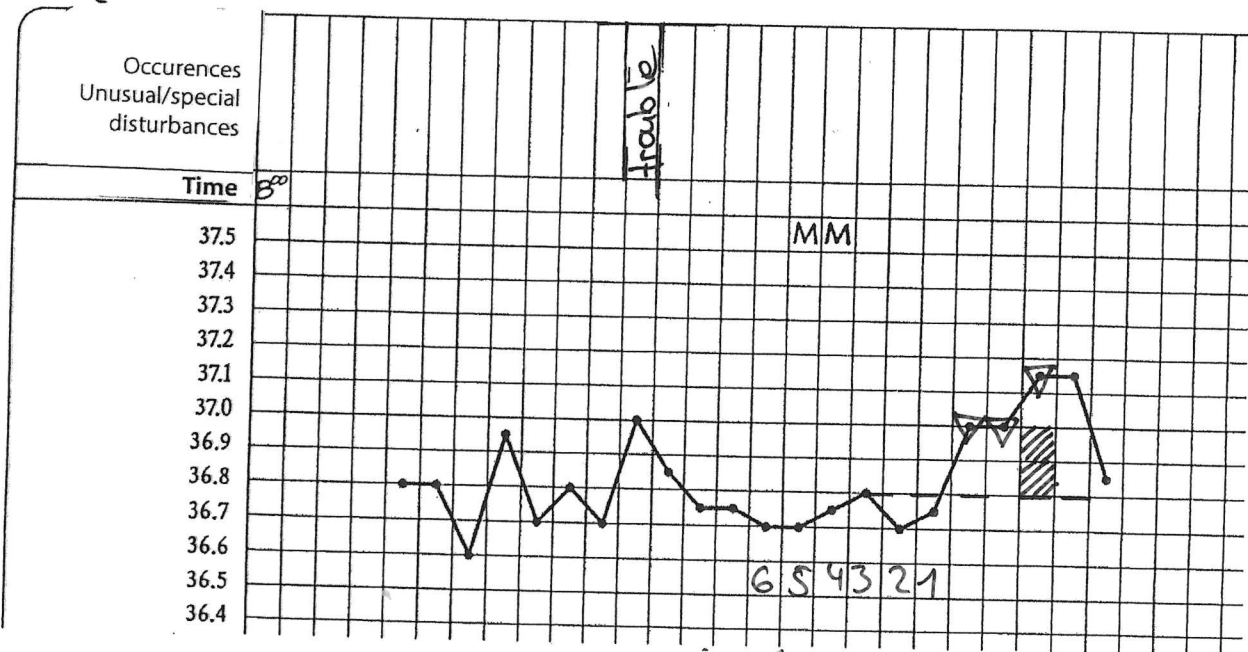


Exercise 117

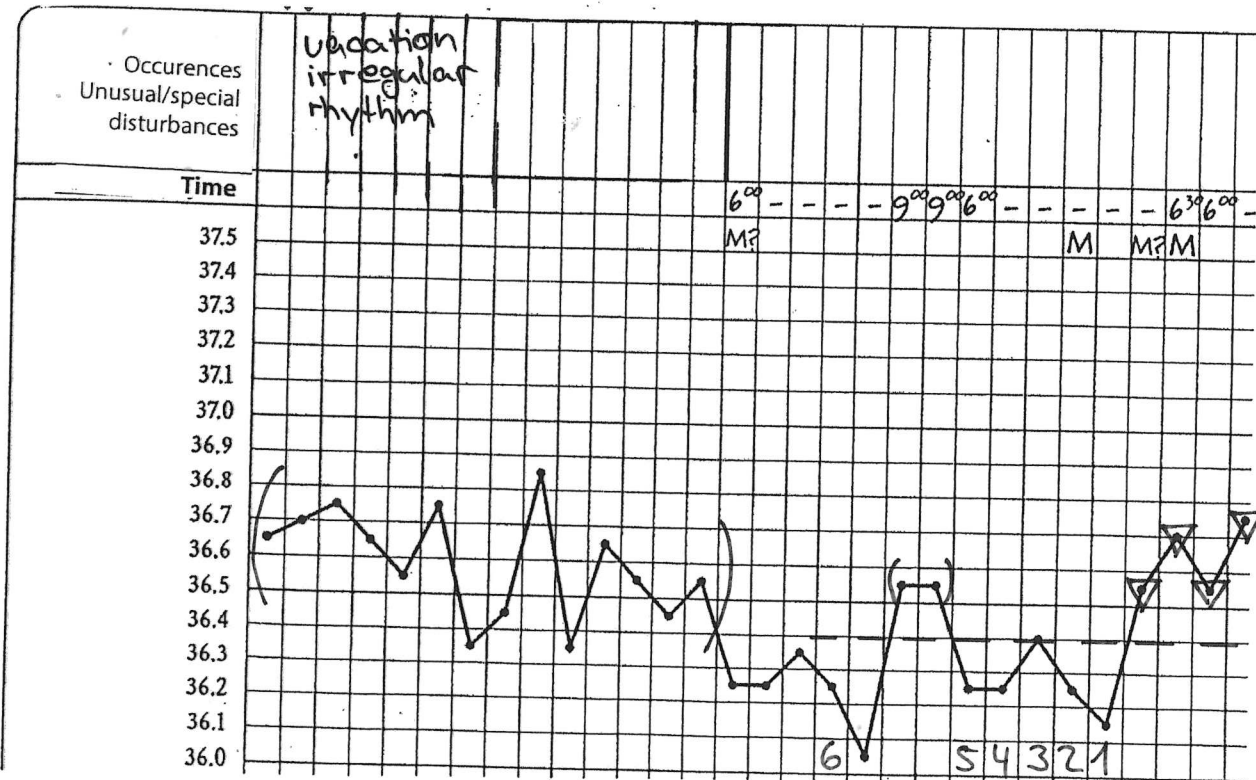




Exercise 118



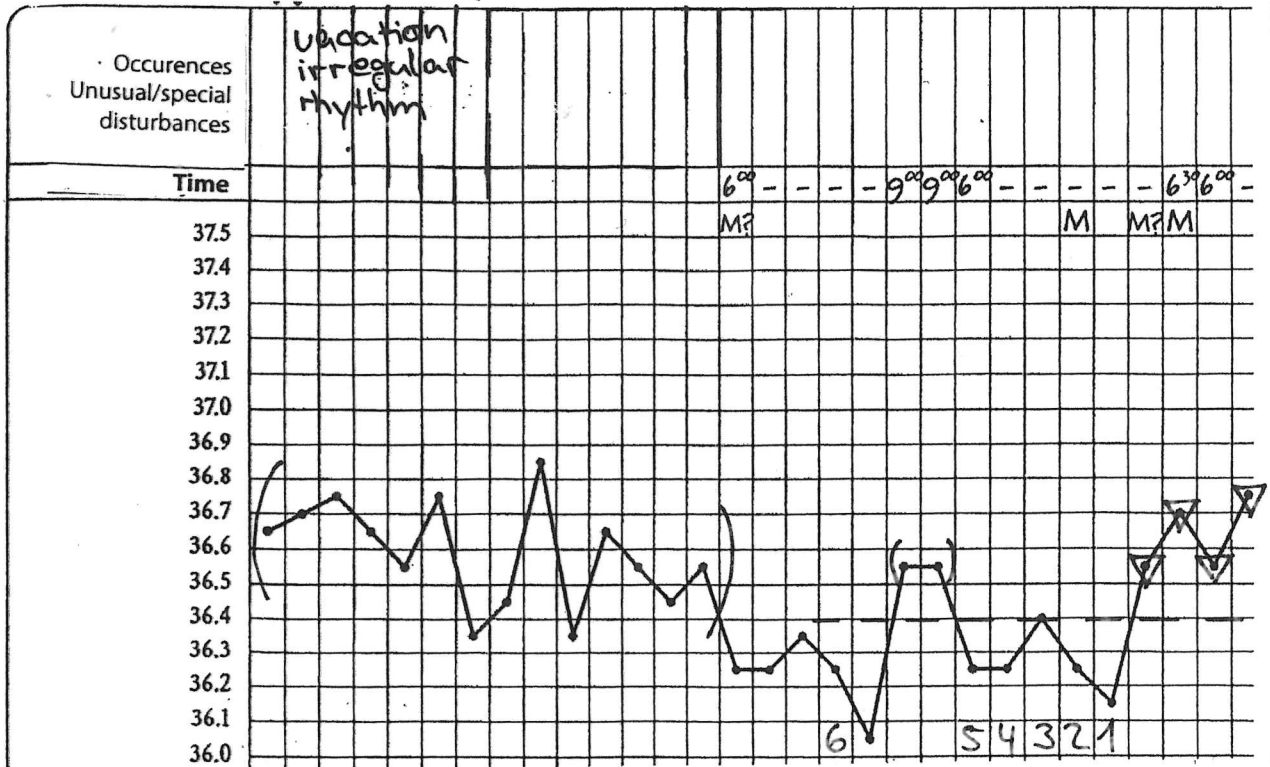
Exercise 119



Attention! final result!
Check the solutions.



Exercise 119



Disturbances in the temperature curve
Half-time

Number of mistakes in the evaluate cykles	Tips for further steps
0	Fantastic! Go on with the next chapter
1-3	Where ist the mistake? Correct the mistake and go on with the next chapter.
more than 4 mistakes	<p>Try to find the mistake.</p> <ul style="list-style-type: none"> • Wrong handling with the disturbances? • Didn't recognize exception 1? • Didn't recognize exception 2? <p>Decide on which chapter you will work again to get rid of your mistakes.</p>

Example

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation															
	Appearance															
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days																

elastic liquid lubricating
 elastic liquid moist

Cycle-no°: 4

Temperature taken: R X
V
O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Mark the Fertile Days with "F" and check in the solutions.

Exercise 137

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation															
	Appearance															
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days		F	F	F	F	F	F	F	F	F	F	F	F	F	F	F

itching
 itching
 dry

Cycle-no°: 1

Temperature taken: R X
V
O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 138

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation							moist	moist	"						
	Appearance							yellowish	thick	"						
Cervix	Position and opening							•	•	•	•					
	Firmness							5	5	5	5					
Intercourse																
Fertile Days								F	F	F	F	F	F	F	F	F

Cycle-no°. 17

Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles 15

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 139

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation															
	Appearance							yellowish								
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days								F	F	F	F	F	F	F	F	F

Cycle-no°. 13

Temperature taken R X V O

Earliest first higher temperature reading in the previous cycles 15

Minus 8 07

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 140

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation					dry	"	"	"	moist	"				
	Appearance										thick				
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days								F	F	F	F	F	F	F	F

Cycle-no°. 54

Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles 14

Minus 8 06

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 141

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening								•	•	•				
	Firmness							h	h	h					
Intercourse															
Fertile Days									F	F	F	F	F	F	F

Cycle-no°. 25

Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles 16

Minus 8 08

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 142

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation					dry	"	moist	moist	"					
	Appearance								thick	"					
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days		F	F	F											

Cycle-no°. 1

Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 143

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation						"	"	"	wet	moist	"			
	Appearance						"	thick, tough	whitish	like water	lumpy	"			
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days							F	F	F	F	F	F	F	F	F

Cycle-no°. 1

Post pill Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle



Exercise 143

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation						"	"	"	wet	moist	"			
	Appearance						"	thick tough	whitish	like water	lumpy	"			
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days							F	F	F	F	F	F	F	F	F

Cycle-no°.
Post pill
Temperature
taken

1
R X
V
O

Earliest first higher
temperature reading
in the previous cycles

Minus 8

Earliest first higher
temperature reading
in this cycle

Beginning of the cycle Fitness Test

Number of mistakes in the evaluate cykles	Suggestions for further steps
0	You can go on with the next chapter.
1-2	Work on the next chapter till the half-time.
more than 2 mistakes	The determination of the unfertile period at the beginning of the cykle ist very important. Therefore we would recommend to go intently through the next chapter.

Exercise 144

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation							dry	"	moist	"	"			
	Appearance							thick	"	lumpy	"				
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days								F	F	F	F	F	F	F	F

Cycle-no°. 7

Temperature taken R X
V
O

Earliest first higher temperature reading in the previous cycles 18

Minus 8 10

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 145

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation								moist	"	"				
	Appearance								milky	"	"				
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days									F	F	F	F	F	F	F

Cycle-no°. 13

Temperature taken R
V
O X

Earliest first higher temperature reading in the previous cycles 16

Minus 8 08

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 146

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse						XX			X						
Fertile Days									FF	FF	FF	FF			

Cycle-no°. 1
 post pill
 Temperature taken R
 V
 O X

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 147

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date: June 4th 5th			6	7	8	9	10	11	12	13	14	15	16		
Menstruation															
Mucus	Sensation						moist	moist	dry	dry, itchy					
	Appearance						whitish		milky						
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days									FF	FF	FF	FF	FF		

Cycle-no°. 23
 Temperature taken R
 V X
 O

Earliest first higher temperature reading in the previous cycles 14

Minus 8 06

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 148

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation						dry					moist			
	Appearance											elastic			
Cervix	Position and opening						••	••	••	••	••	••	••		
	Firmness						h	h	h	s	s	s	s		
Intercourse															
Fertile Days											F	F	F	F	F

Cycle-no°. 41

Temperature taken
 R X
 V
 O

Earliest first higher temperature reading in the previous cycles 19

Minus 8 11

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 149

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date: 26.5															
Menstruation															
Mucus	Sensation												moist		
	Appearance												yellowish		
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days								F	F	F	F	F	F	F	F

Cycle-no°. 8

Temperature taken
 R X
 V
 O

Earliest first higher temperature reading in the previous cycles 12

Minus 8 04

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 150

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days		F	F	F											F

Cycle-no°. 1

Temperature taken
 R
 V
 O X

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 151

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days							F	F	F	F	F	F	F	F	F

Cycle-no°. 7

Temperature taken
 R X
 V
 O

Earliest first higher temperature reading in the previous cycles 20

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift



Exercise 152

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation															
	Appearance															
Cervix	Position and opening						•	•	•	•	•	•	•	•		
	Firmness						h	s	s	s	s	s	s			
Intercourse																
Fertile Days								F	F	F						

Cycle-no°. 15
 Temperature taken R
 V X
 O

Earliest first higher temperature reading in the previous cycles 15

Minus 8 07

Earliest first higher temperature reading in this cycle

preceded temperature shift

Beginning of the cycle - Half-time

Number of mistakes in the evaluate cycles	Suggestions for further steps
0	Fantastic! You can go on with the next chapter.
1	Well done! Correct your evaluation. Choose 4 cycles in the exercises 153-161 to get safety.
more than 1 mistake	For your own safety please work on the whole chapter and read in the guideline "Natural and safe" the chapter "The unfertile period at the beginning of the cycle"

Exercise 152

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening					•	•	•	•	••	••				
	Firmness					h	s	s	s	s	s				
Intercourse															
Fertile Days							F	F	F						

Cycle-no°. 15

Temperature taken
 R
 V X
 O

Earliest first higher temperature reading in the previous cycles 15

Minus 8 07

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 153

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days							F	F	F						

Cycle-no°. 23

Temperature taken
 R X
 V
 O

Earliest first higher temperature reading in the previous cycles 14

Minus 8 06

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 154

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation					moist	"	"	"	"					
	Appearance									lumpy	whitish				
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days							F	F							

Cycle-no°. 2
 Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles 14

Minus 8
 Earliest first higher temperature reading in this cycle preceded temperature shift

Exercise 155

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness							h	h	h	S				
Intercourse															
Fertile Days									F	F	F	F	F	F	F

Cycle-no°. 19
 Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles 17

Minus 8 09
 Earliest first higher temperature reading in this cycle preceded temperature shift

Exercise 156

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation								dry	"						
	Appearance															
Cervix	Position and opening								•	•	o					
	Firmness								h	h	S					
Intercourse																
Fertile Days		F	F	F	F	F	F	F	F	F	F	F	F	F	F	F

Cycle-no°. 4

Temperature taken R X
V
O

Earliest first higher temperature reading in the previous cycles 18

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 157

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation															
	Appearance															
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days																

Cycle-no°. 12

Temperature taken R
V X
O

Earliest first higher temperature reading in the previous cycles 16

Minus 8 08

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 158

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Date:																
Menstruation		██████████														
Mucus	Sensation															
	Appearance											light				
Cervix	Position and opening							•	•	•	•	•	•			
	Firmness							h	h	h	S	S	S			
Intercourse																
Fertile Days								F	F	F	F	F	F			

Cycle-no°. 31

Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles 19

Minus 8 11

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 159

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Date:																
Menstruation		██████████														
Mucus	Sensation					moist		moist	"	"	wet					
	Appearance							thick	"	whitish	elastic					
Cervix	Position and opening									•	•					
	Firmness									sh						
Intercourse						X										
Fertile Days						F	F	F	F	F	F	F	F			

Cycle-no°. 3

Temperature taken R V O X

Earliest first higher temperature reading in the previous cycles 13

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 160

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Date:																
Menstruation																
Mucus	Sensation	after pill bleeding								dry	dry	dry	dry	dry	dry	moist
	Appearance															
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days							F	F	F	→						

Cycle-no°. 1

Temperature taken
 R
 V
 O X

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 161

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	
Date:																
Menstruation																
Mucus	Sensation								dry	itchy	moist	"				
	Appearance								whitish	creamy	"					
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days		F	F	→												

Cycle-no°. 15

Temperature taken
 R
 V
 O X

Earliest first higher temperature reading in the previous cycles 13

Minus 8 05

Earliest first higher temperature reading in this cycle



Exercise 161

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation								dry itchy moist						
	Appearance								whitish creamy						
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days		F	F												

Cycle-no°. 15

Temperature taken R V O X

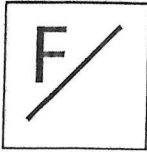
Earliest first higher temperature reading in the previous cycles 13

Minus 8 05

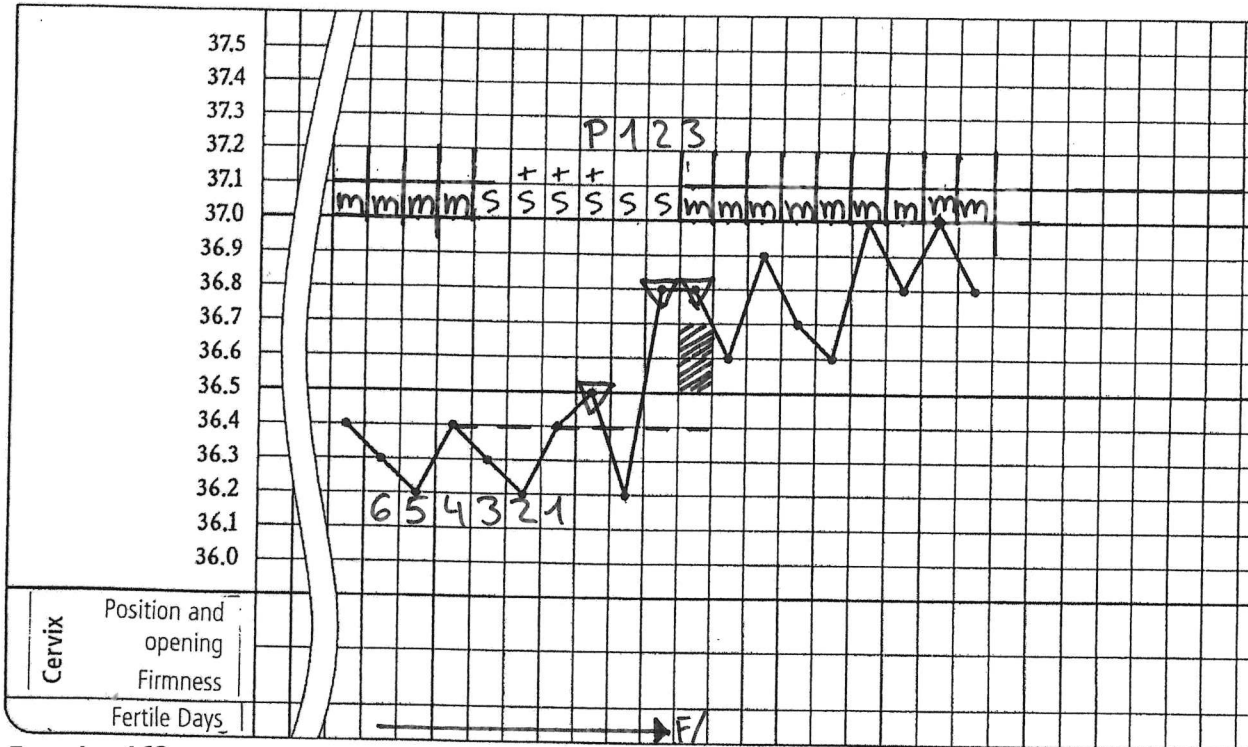
Earliest first higher temperature reading in this cycle

**Beginning of the cycle
Final result**

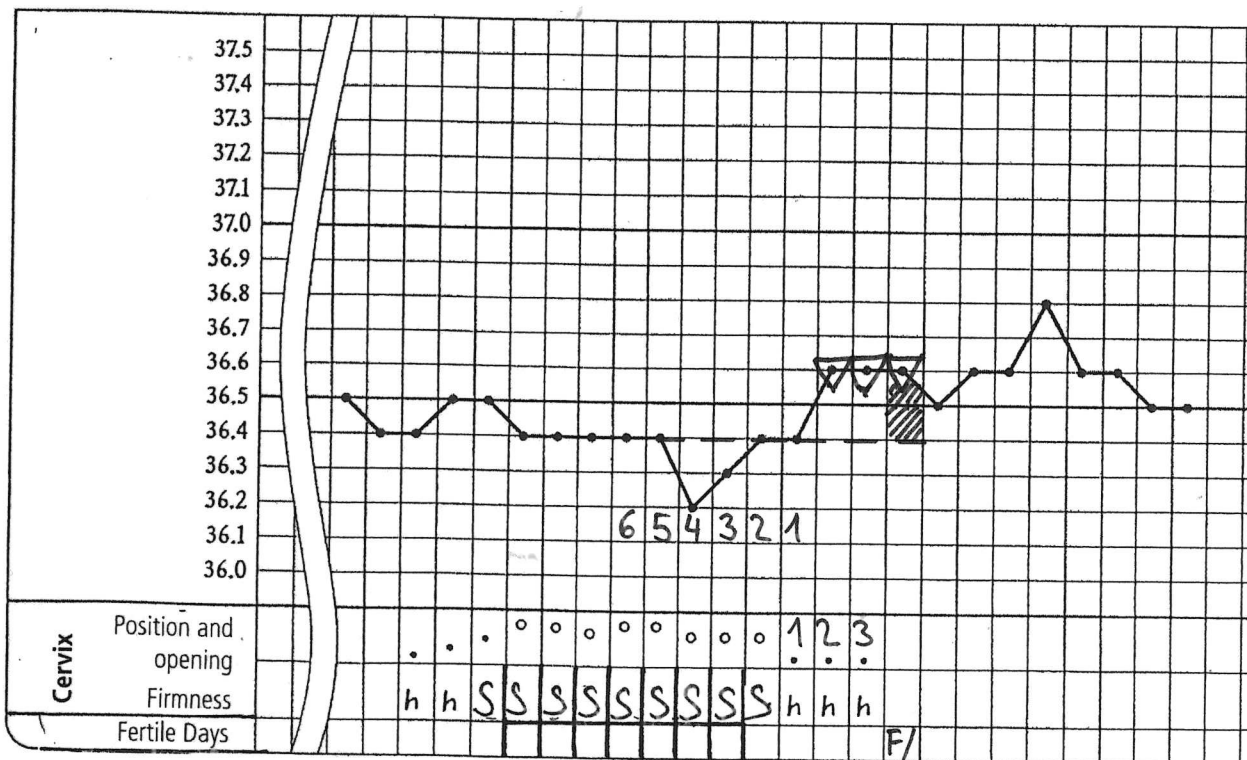
Number of mistakes in the evaluate cycles	Tips for further steps
0	Fantastic! Go on with the next chapter.
1	Correct your mistake and go on with the next chapter.
2 and more	Where is the problem? Please work on this chapter again.



Exercise 162

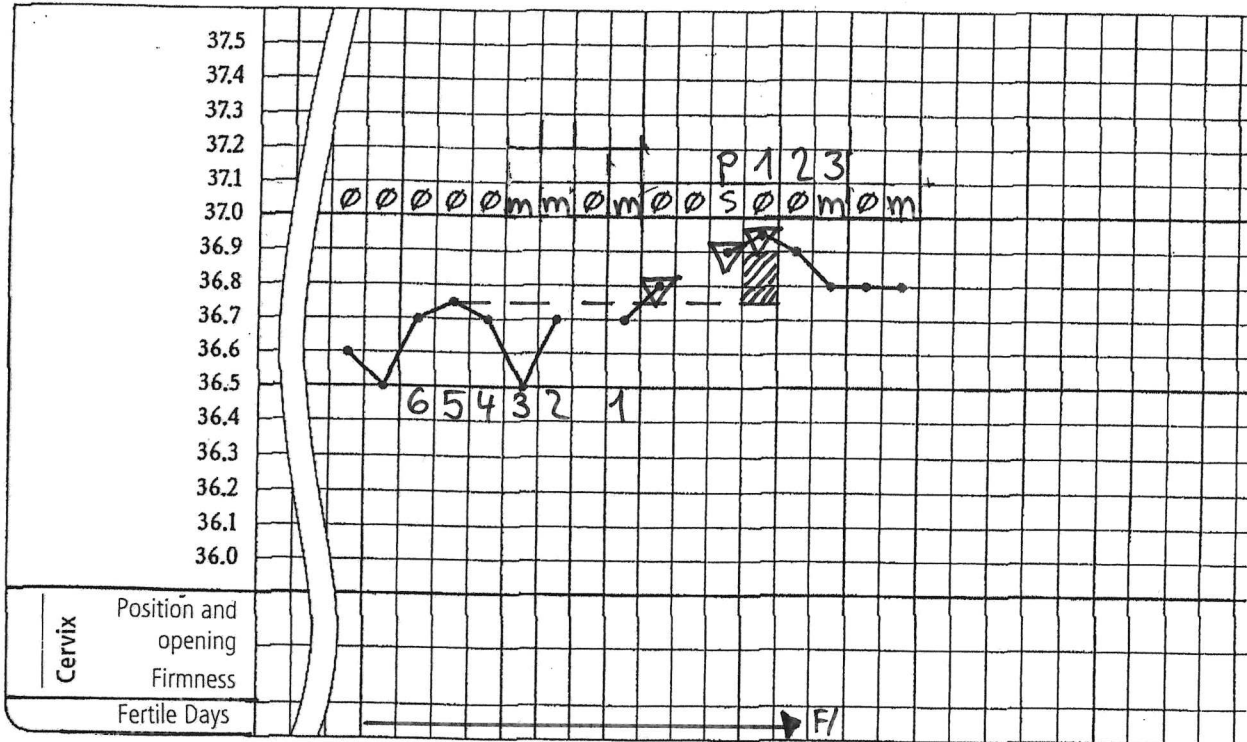


Exercise 163

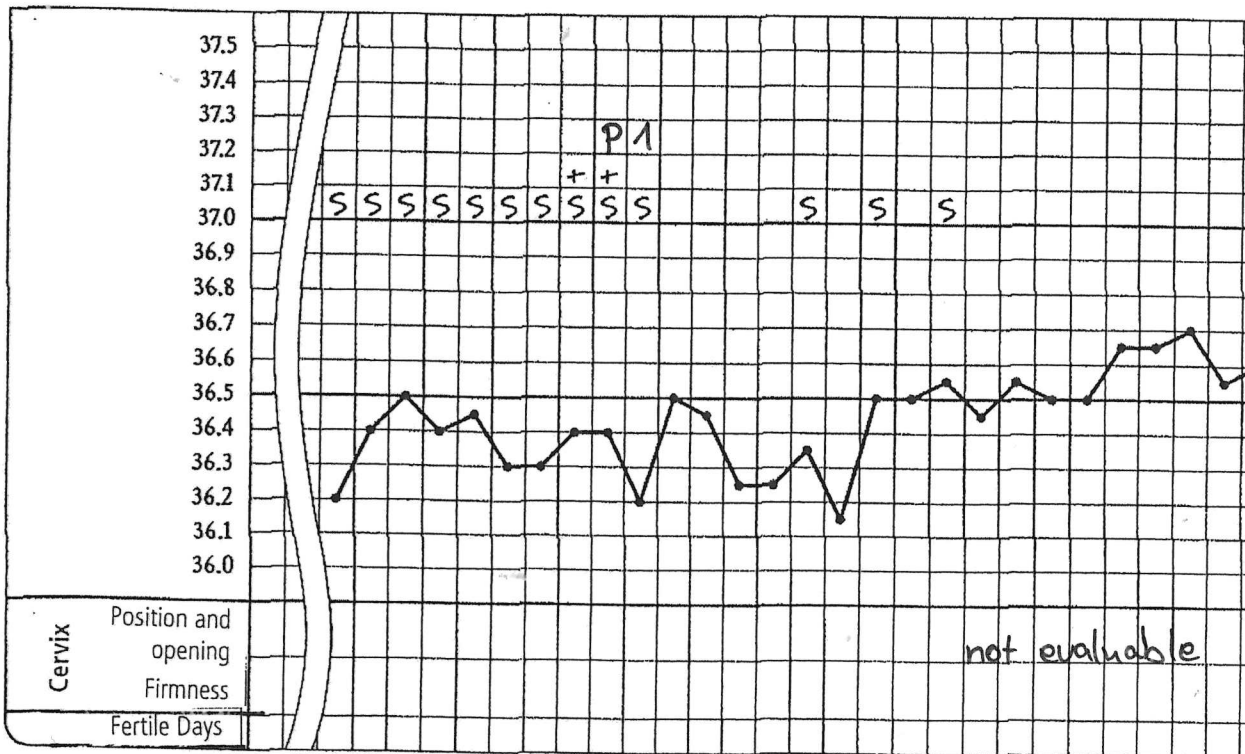


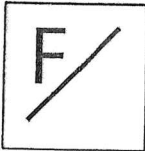


Exercise 164

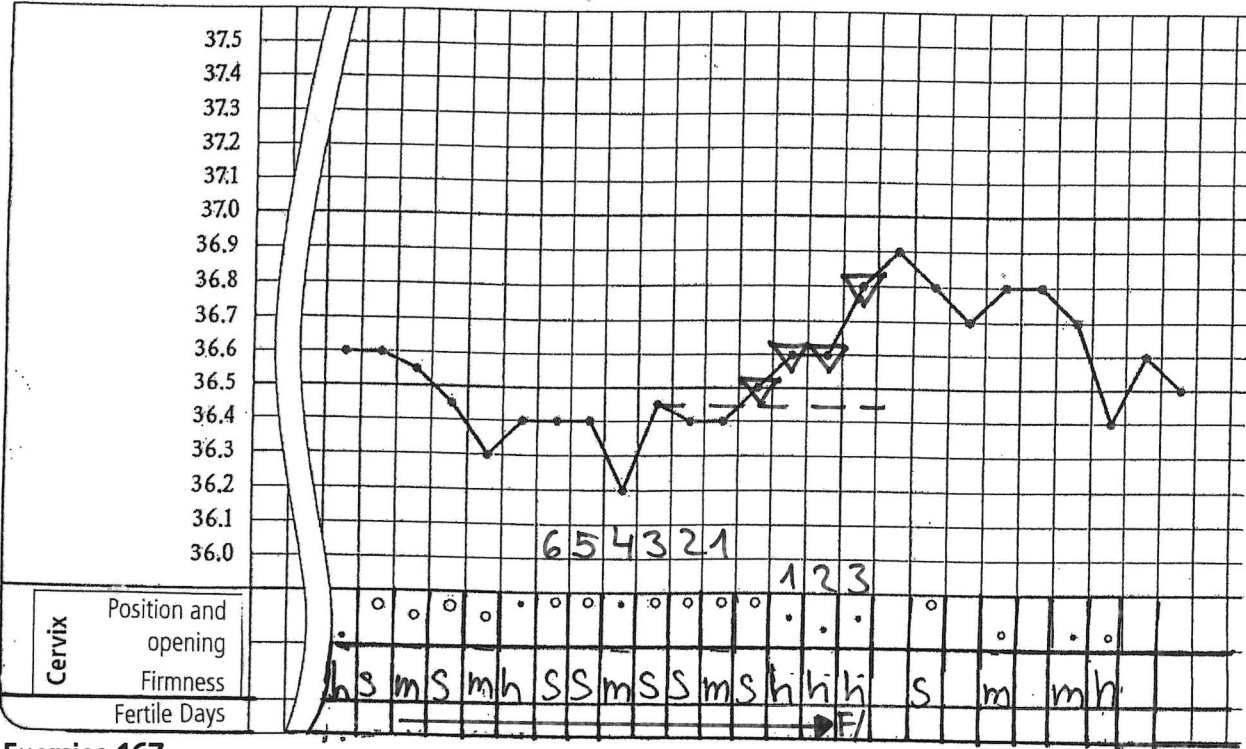


Exercise 165

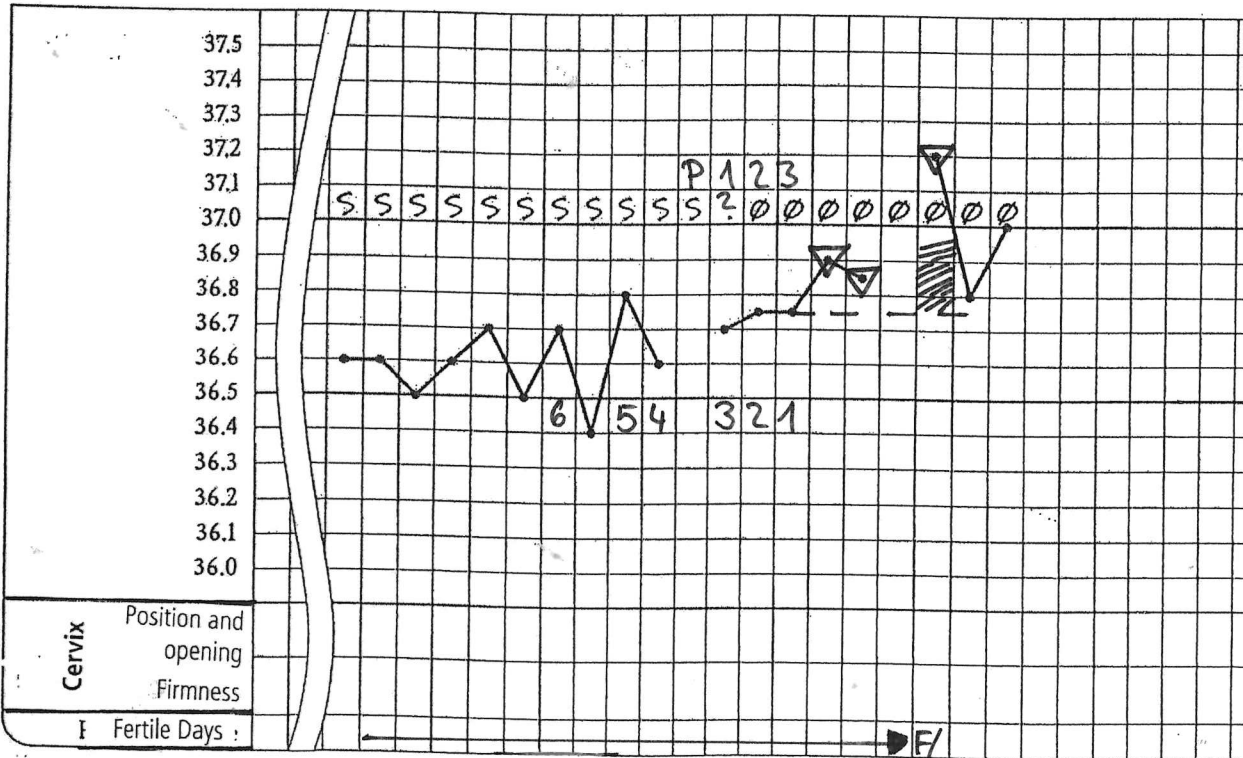


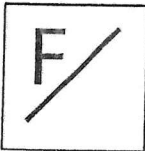


Exercise 166

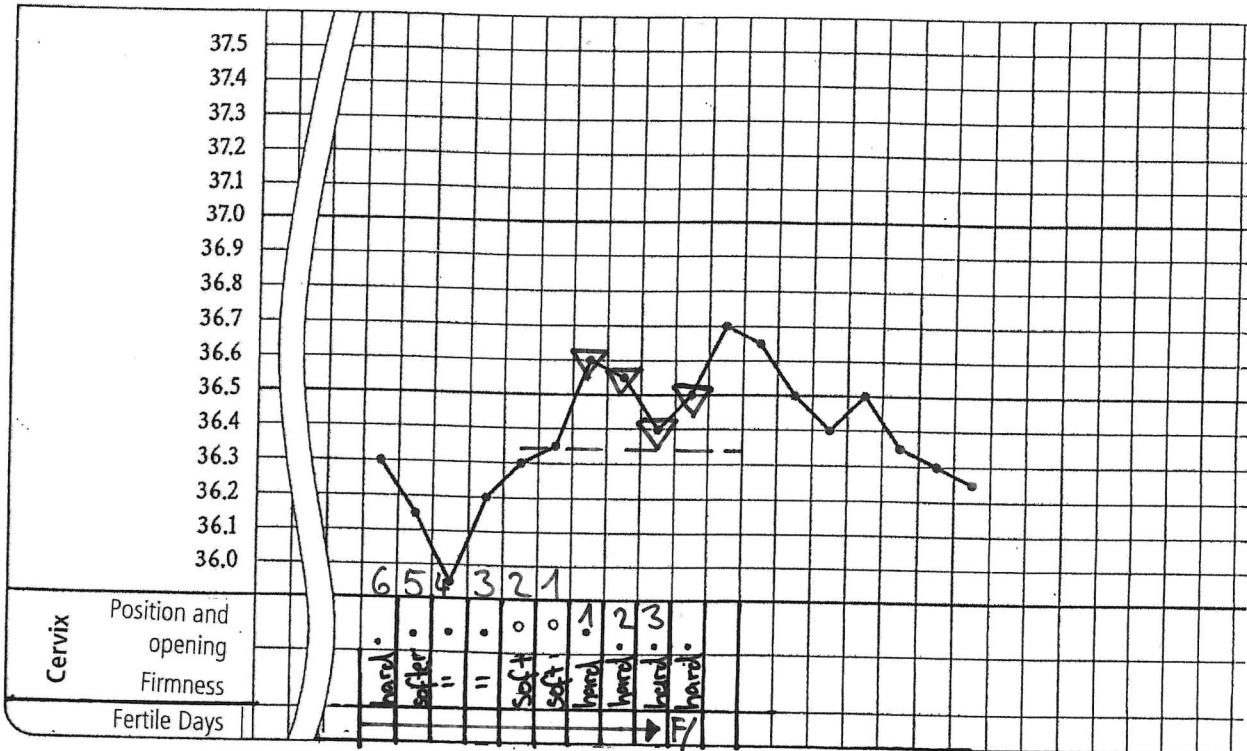


Exercise 167

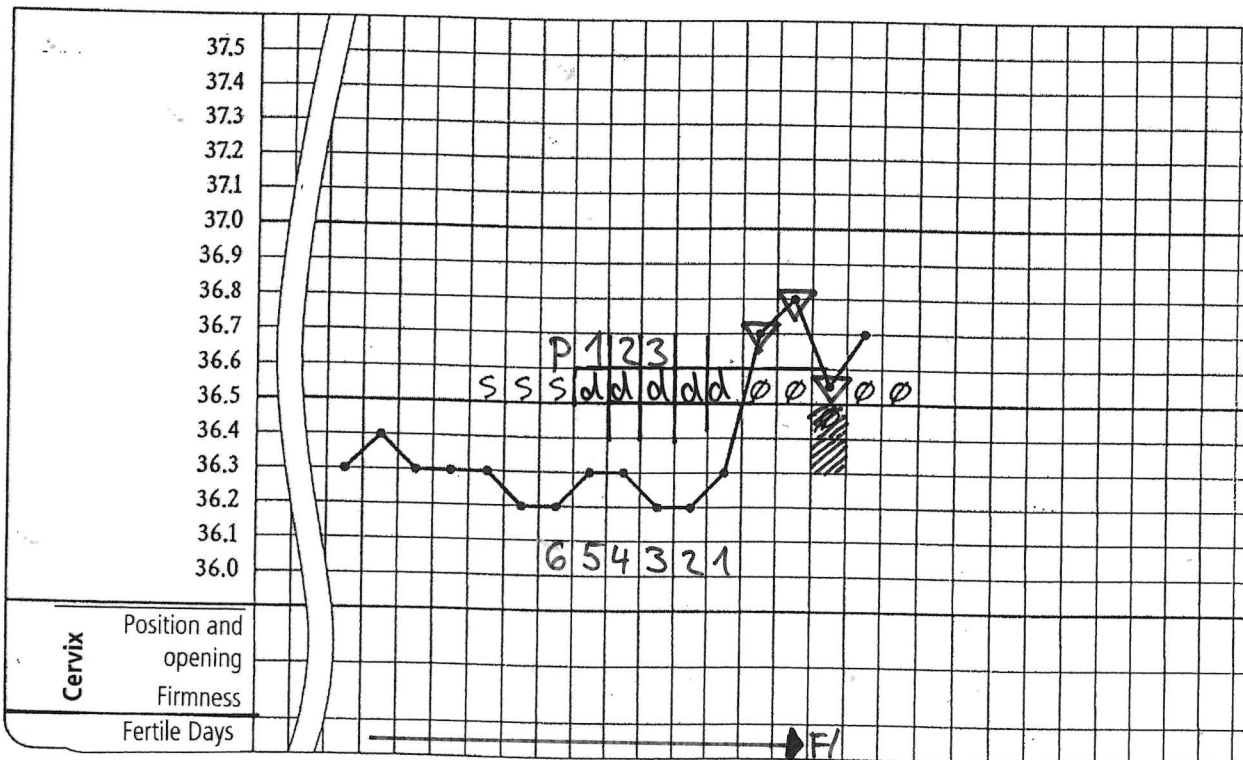




Exercise 168



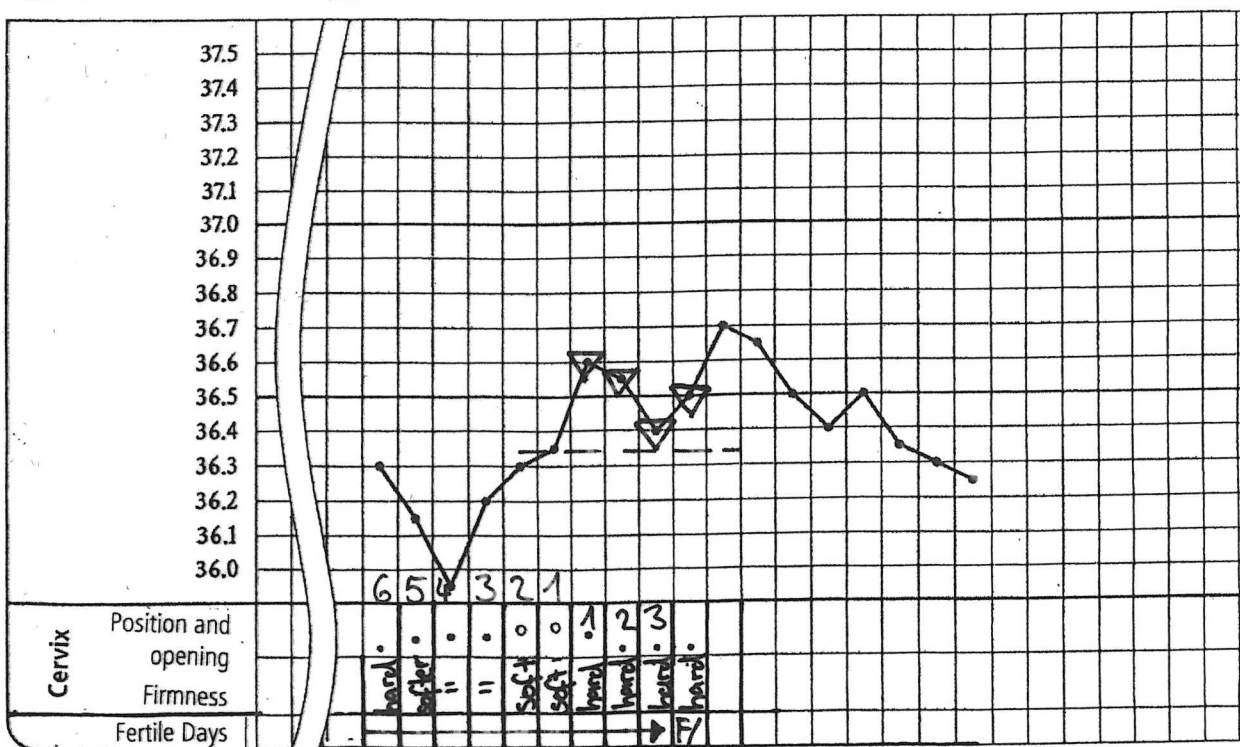
Exercise 169





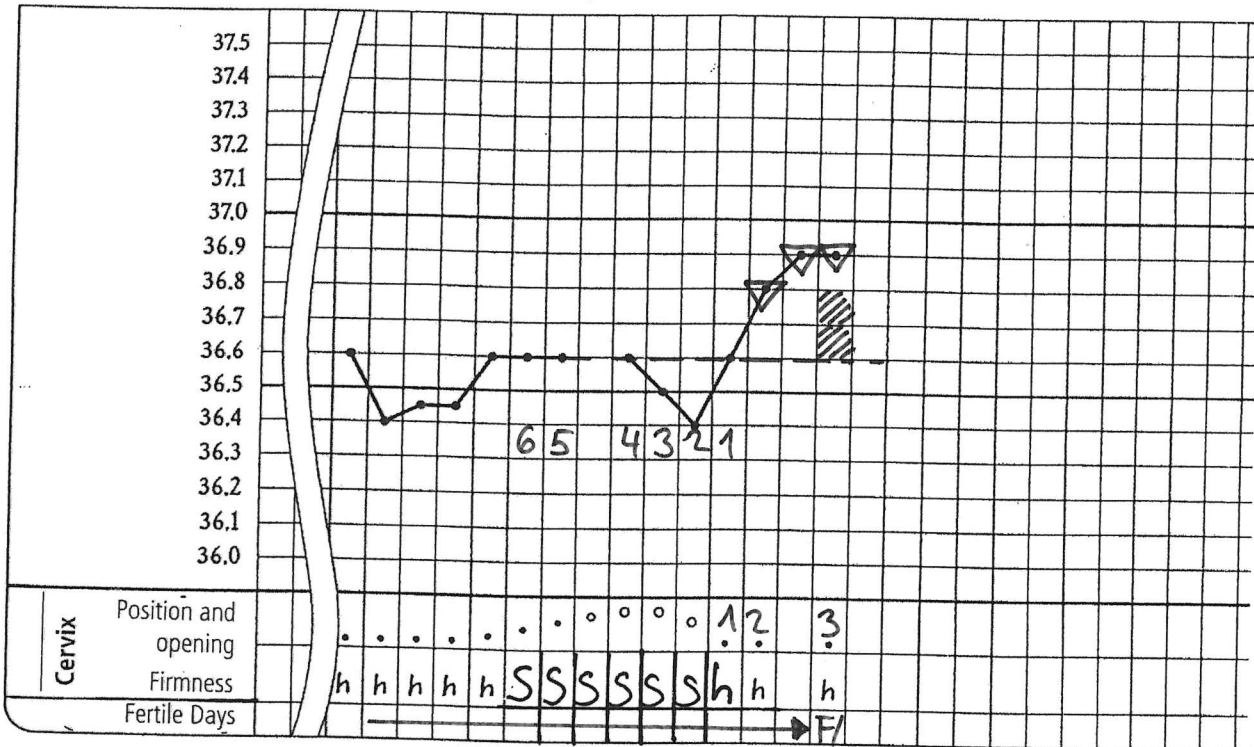
Number of mistakes	Suggestions for further steps
Everything right?	You can go on with the next chapter.
1-2 mistakes	Work on the next chapter till the stopover.
more than 2 mistakes	The determination of the end of the fertile period is very important. We would suggest to go intensely through the next chapter.

Exercise 168

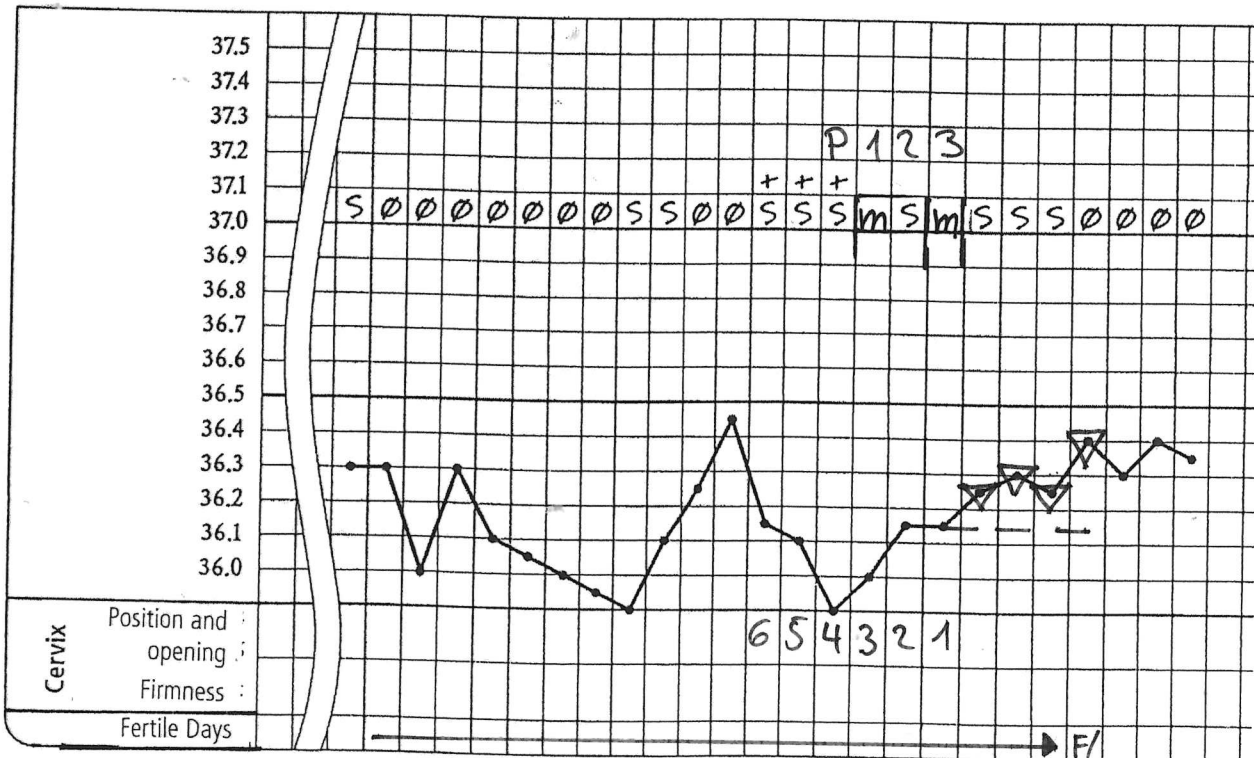




Exercise 172

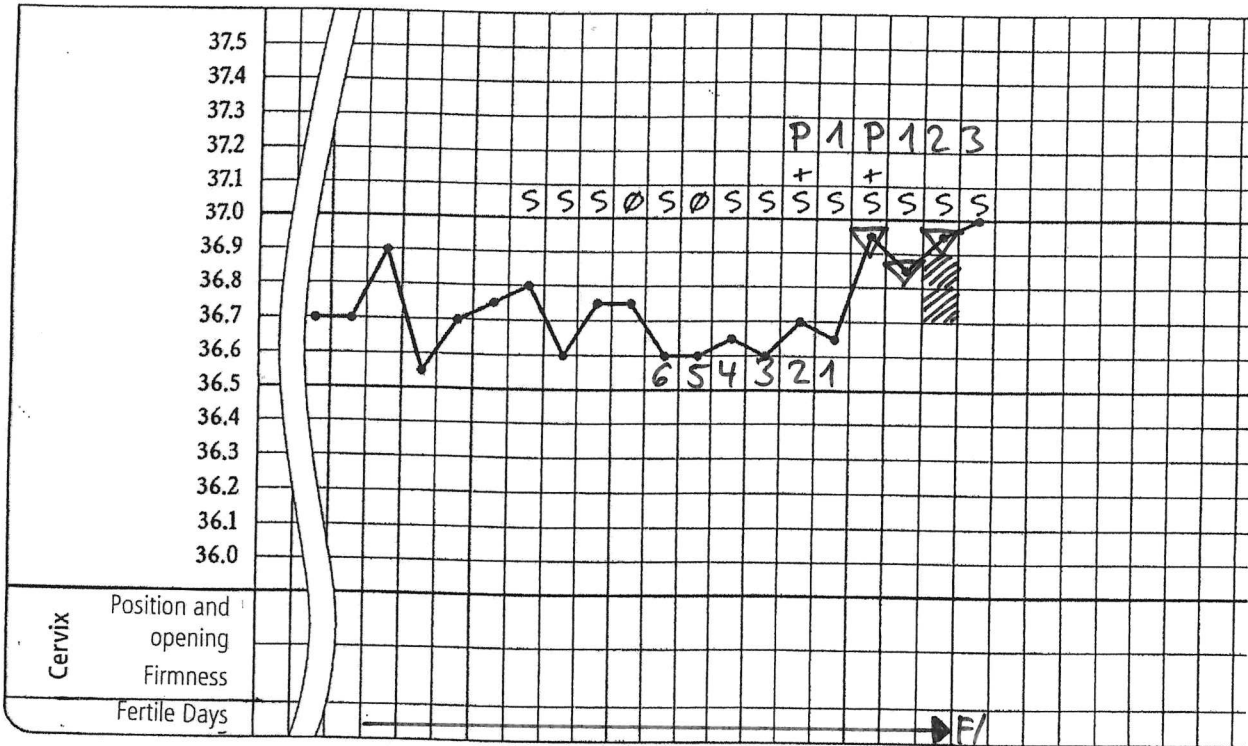


Exercise 173

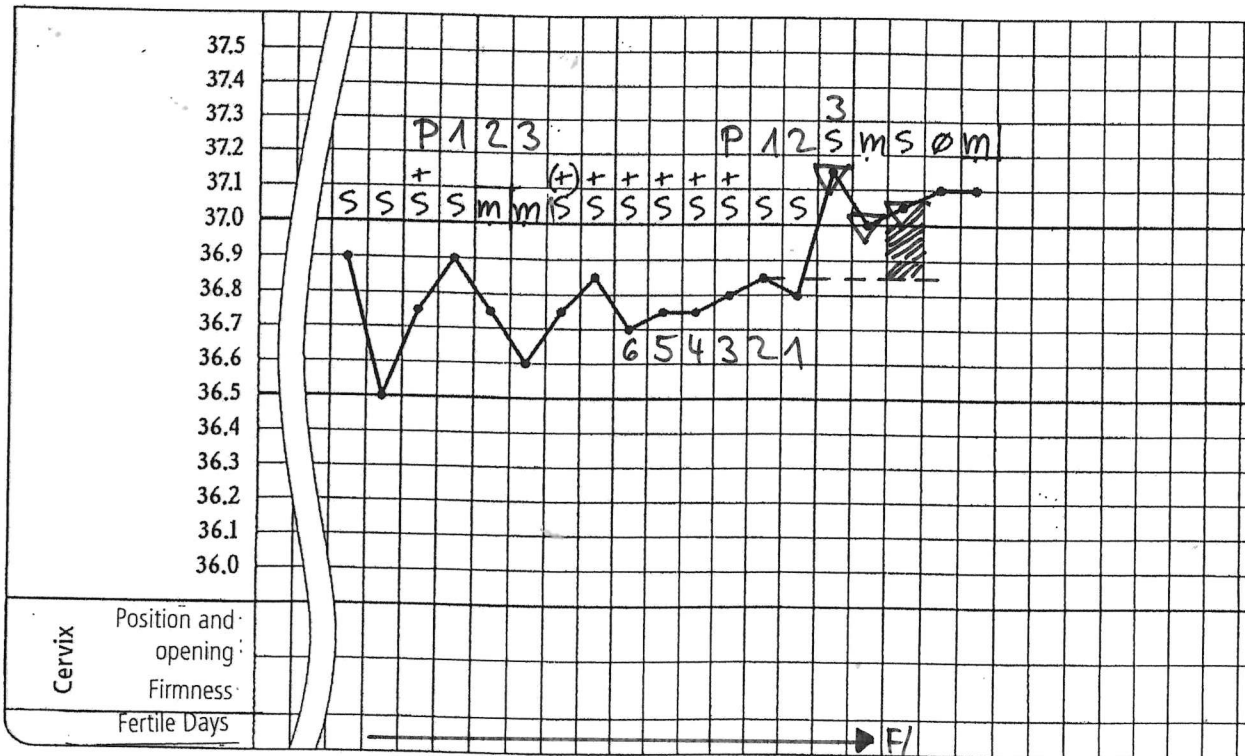




Exercise 174

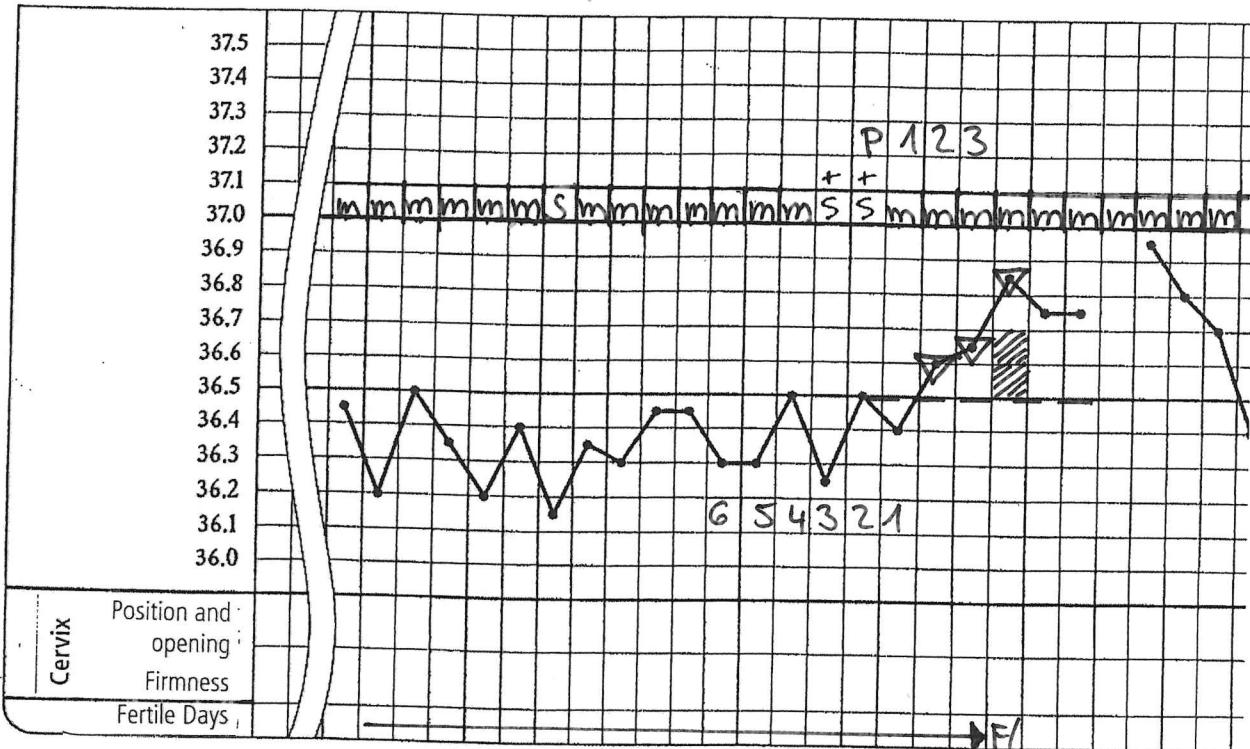


Exercise 175

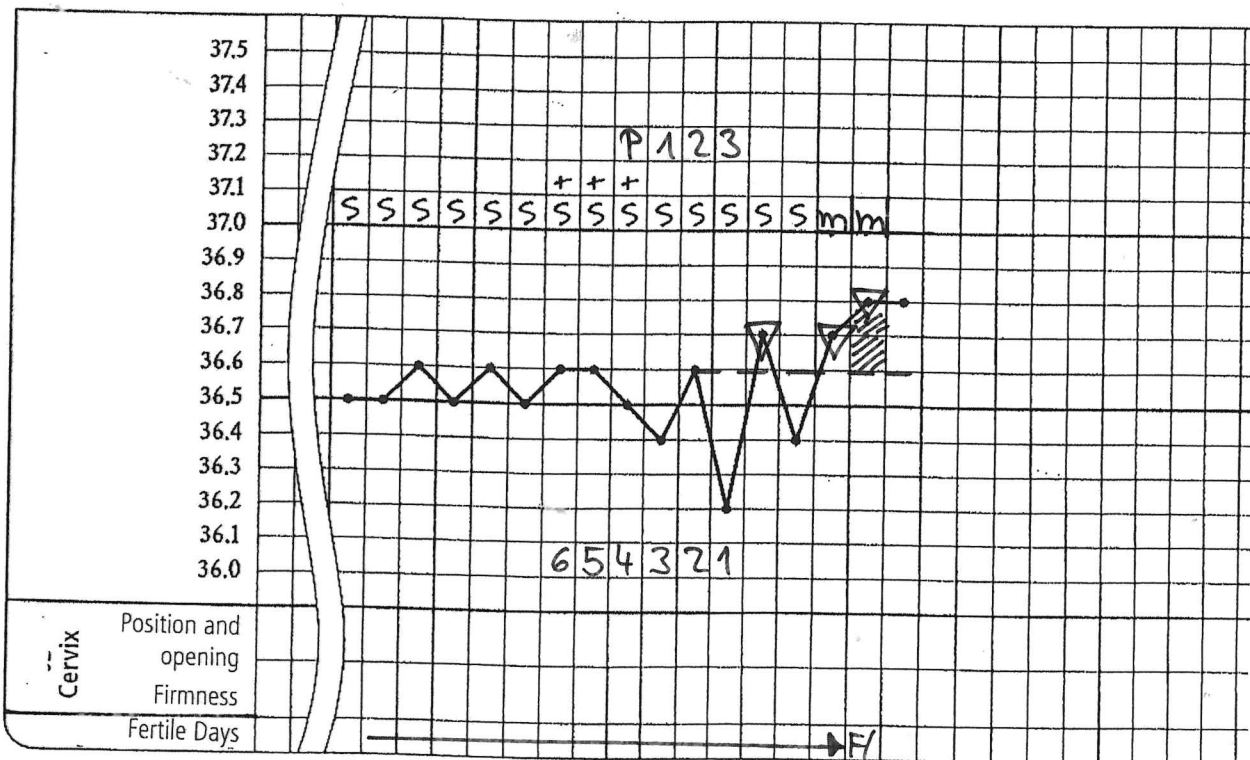


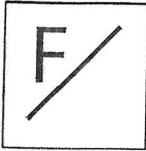


Exercise 176

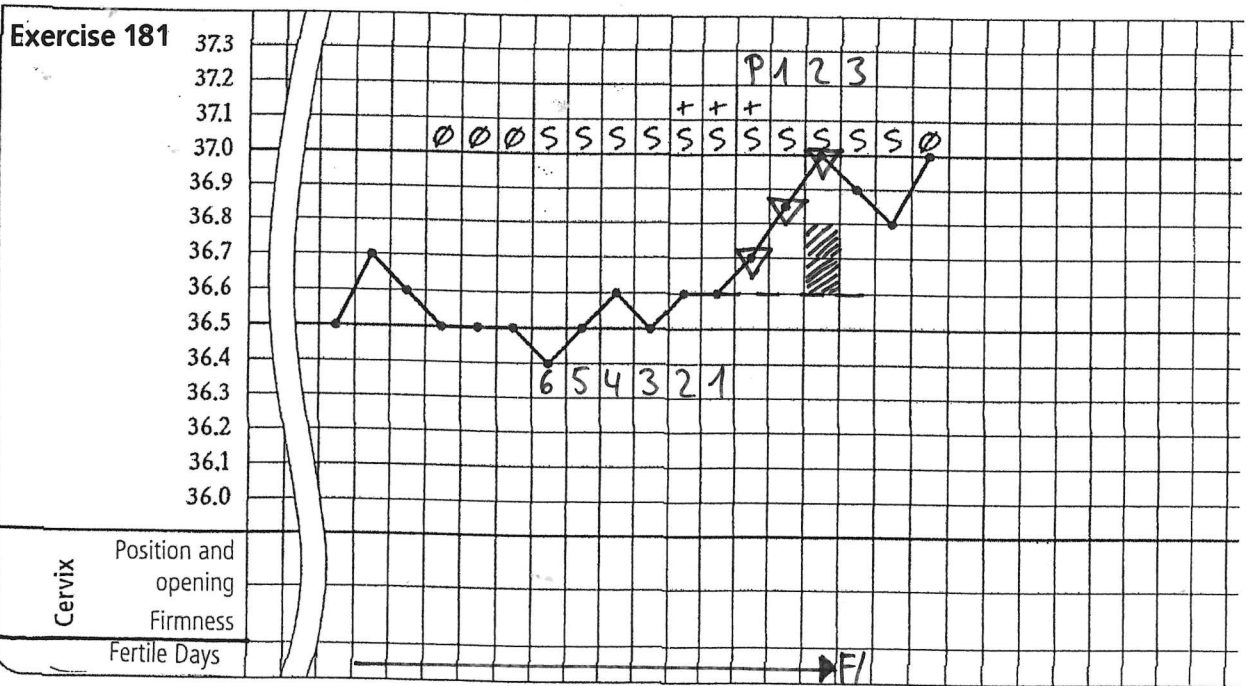
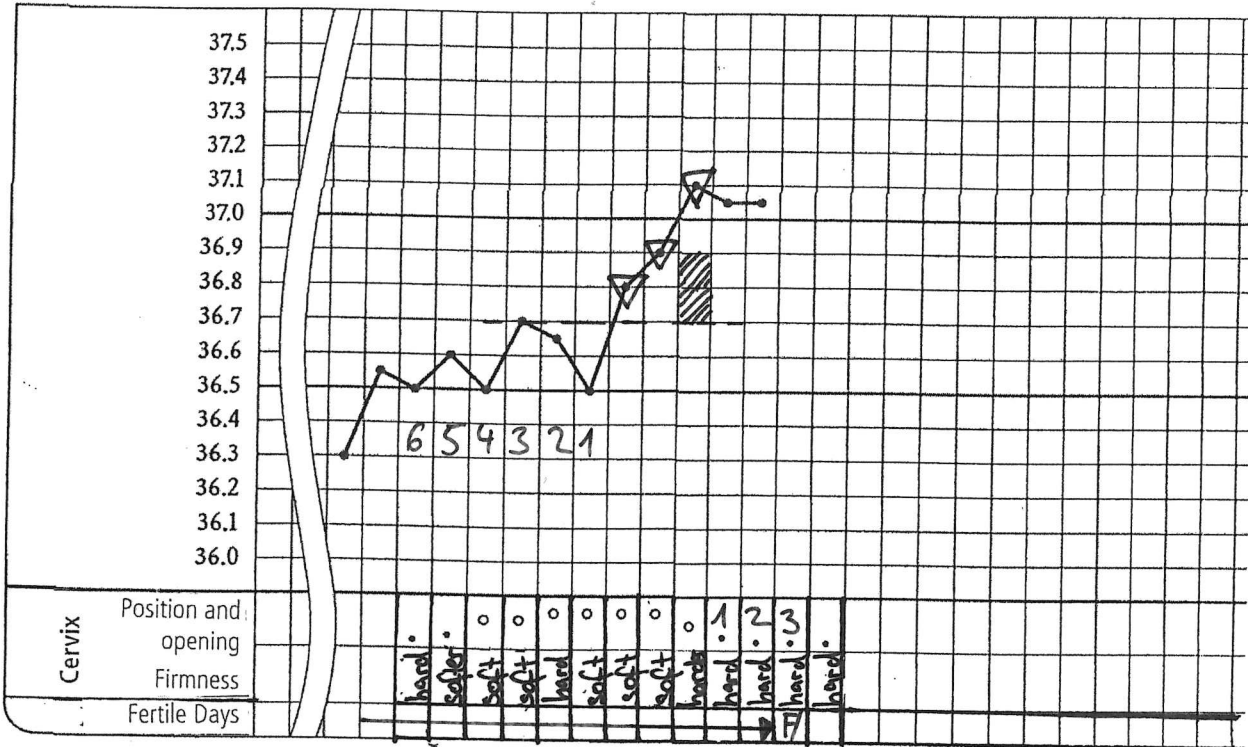


Exercise 177

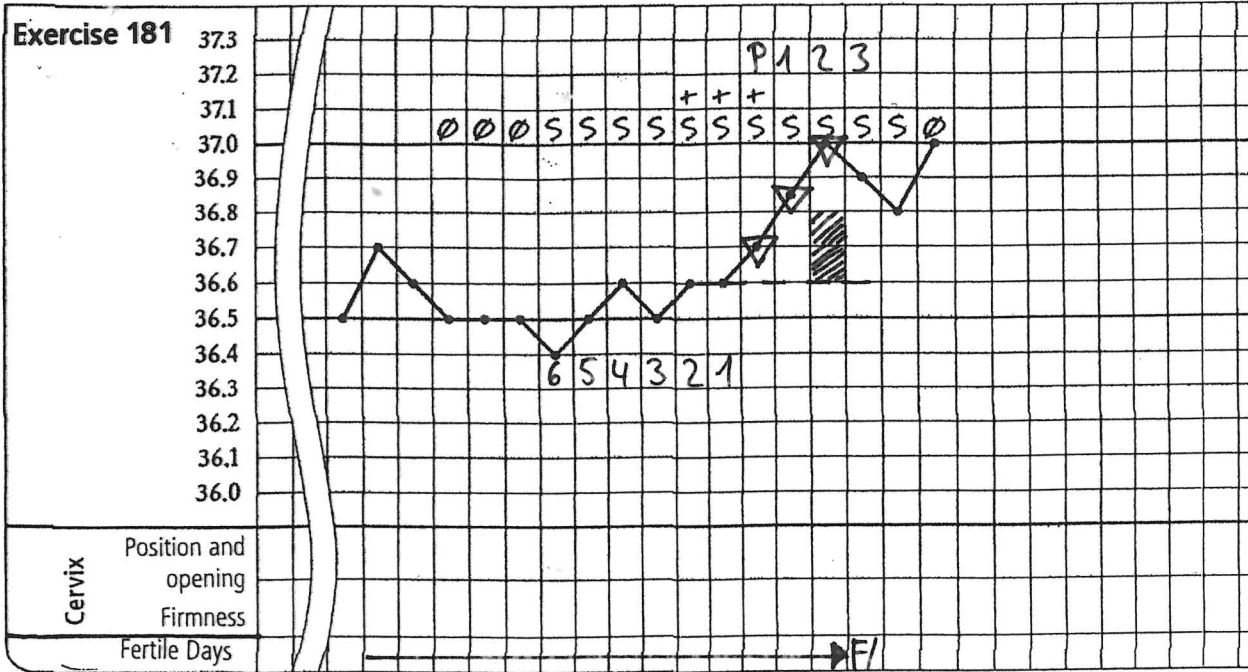




Exercise 180



Check your interpretation in the solutions.

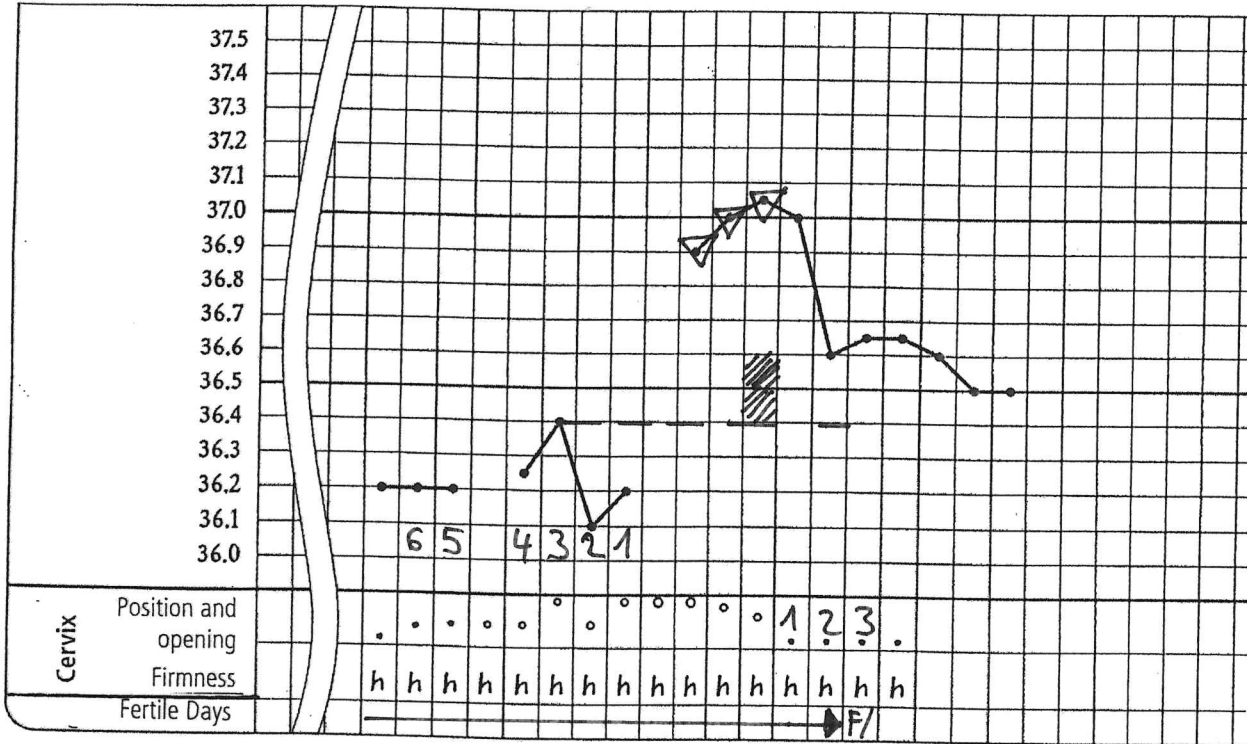


End of the fertile period Stopover

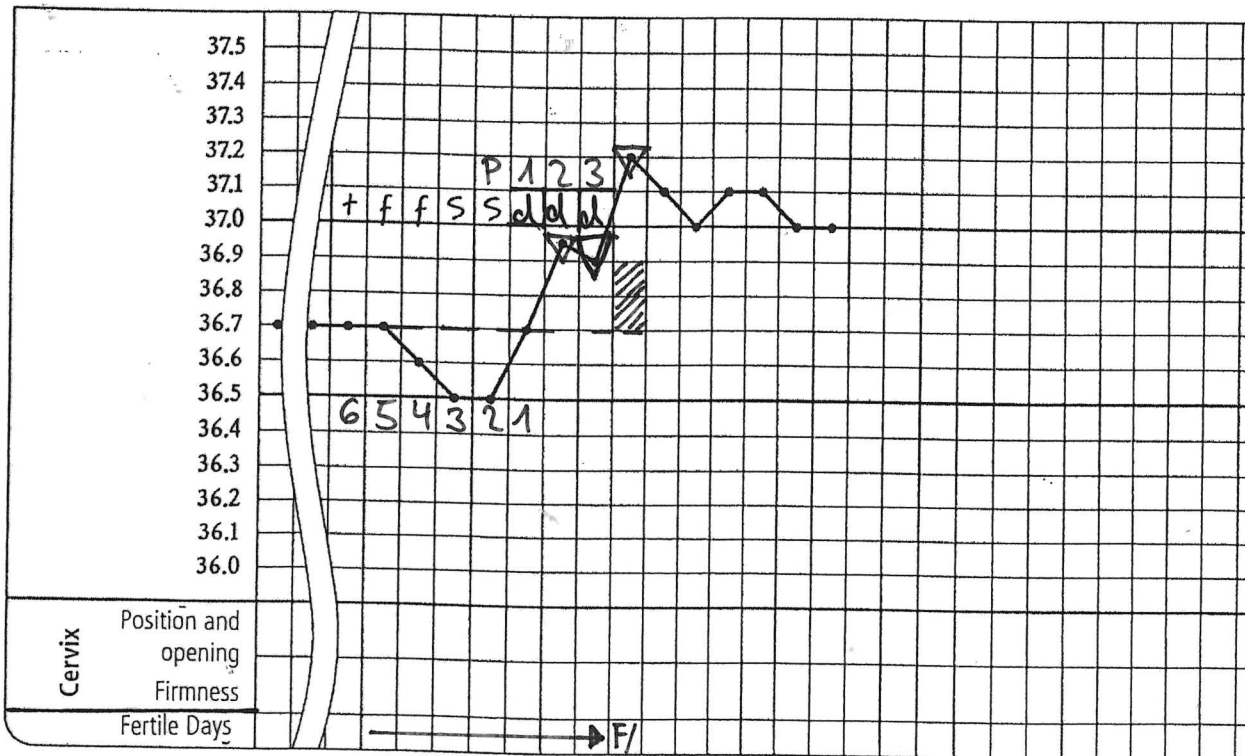
Number of mistakes in the evaluate cycles	Suggestions for further steps
0	Fantastic! You can go on with the next chapter.
1-2	Well done! Correct your evaluation and choose 6 cycles in the exercises 181-194 to work on.
Mehr als 3	For your own safety please work on the whole chapter.



Exercise 182

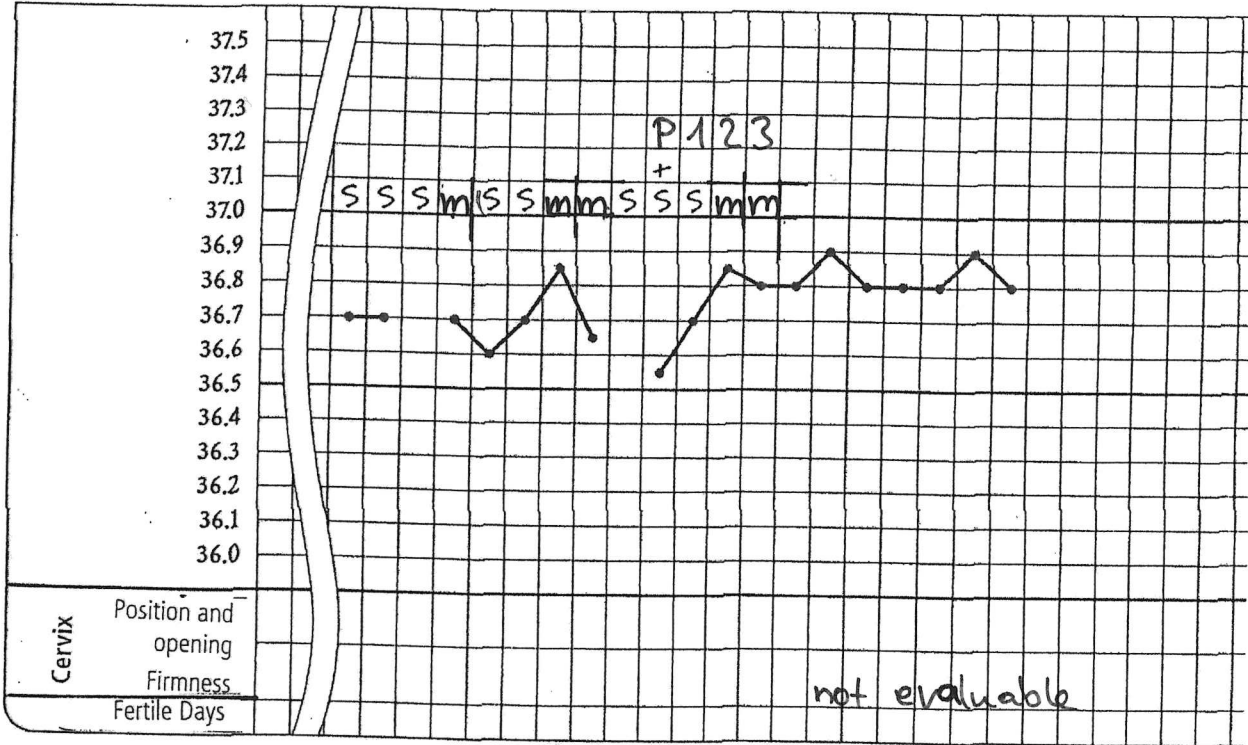


Exercise 183

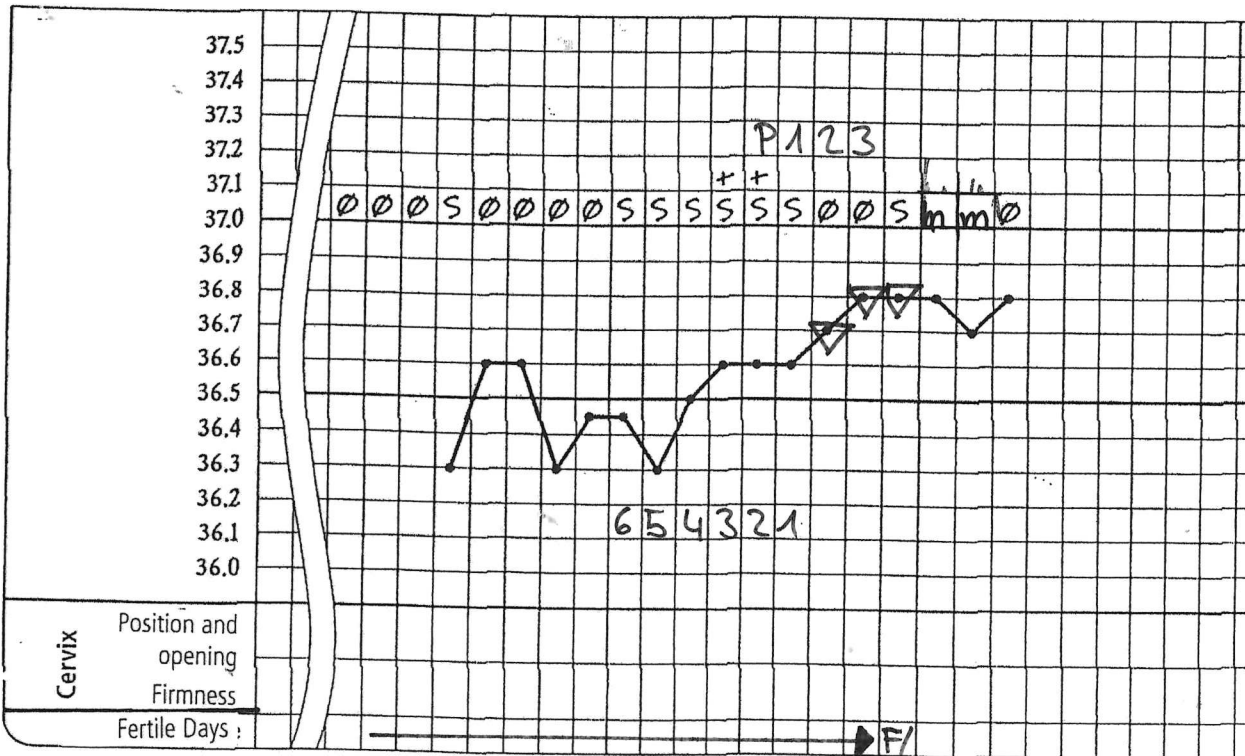


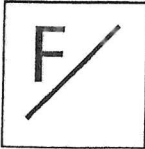


Exercise 184

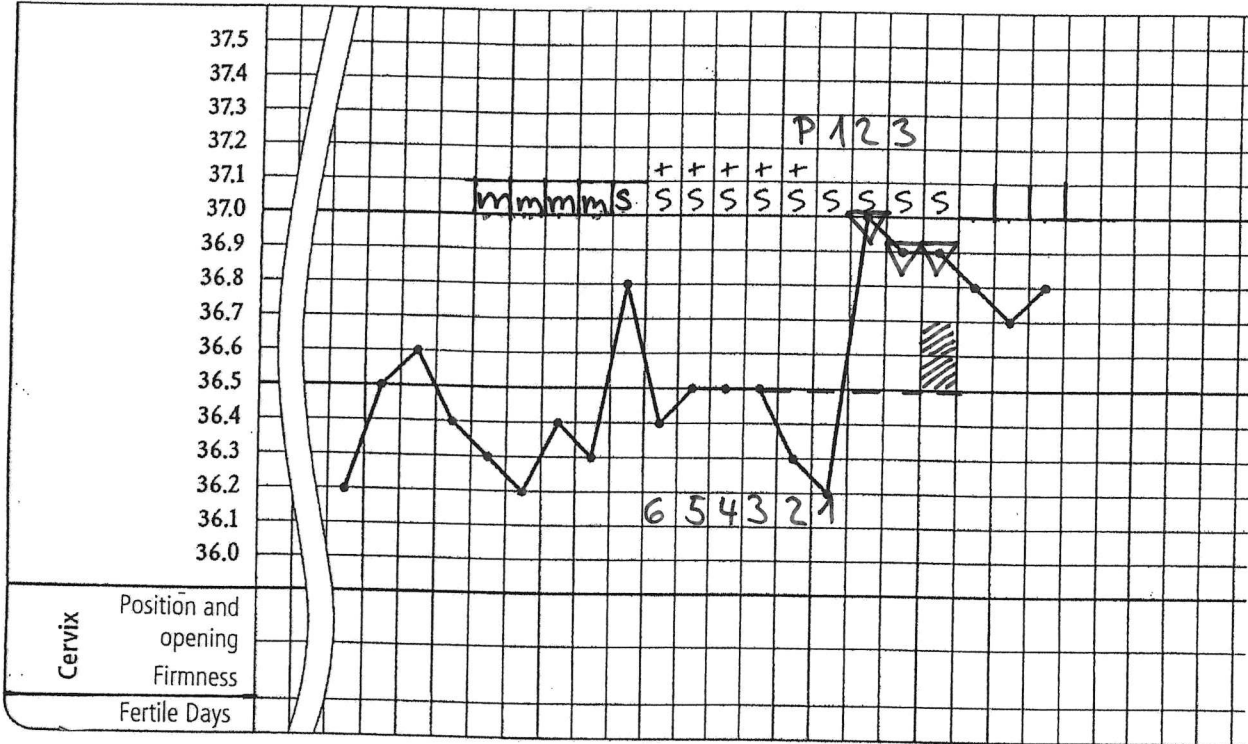


Exercise 185

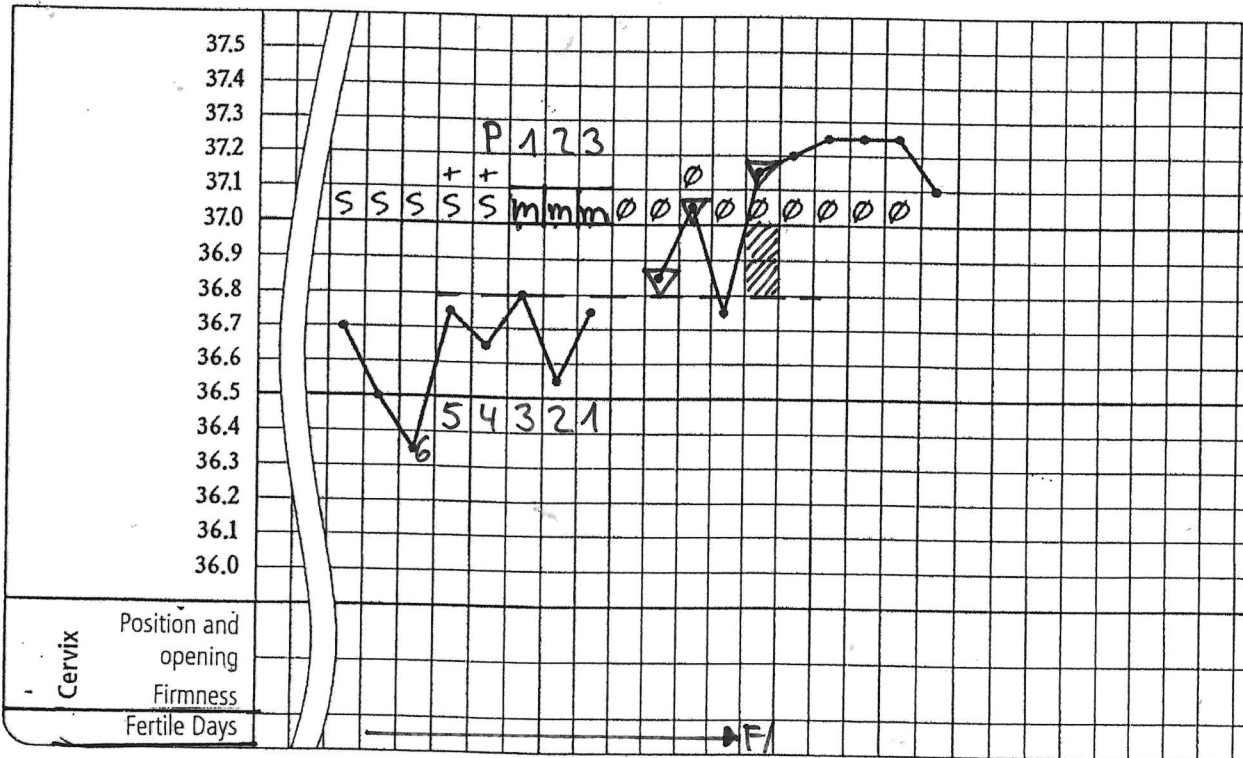


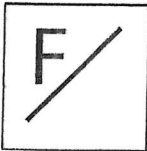


Exercise 186

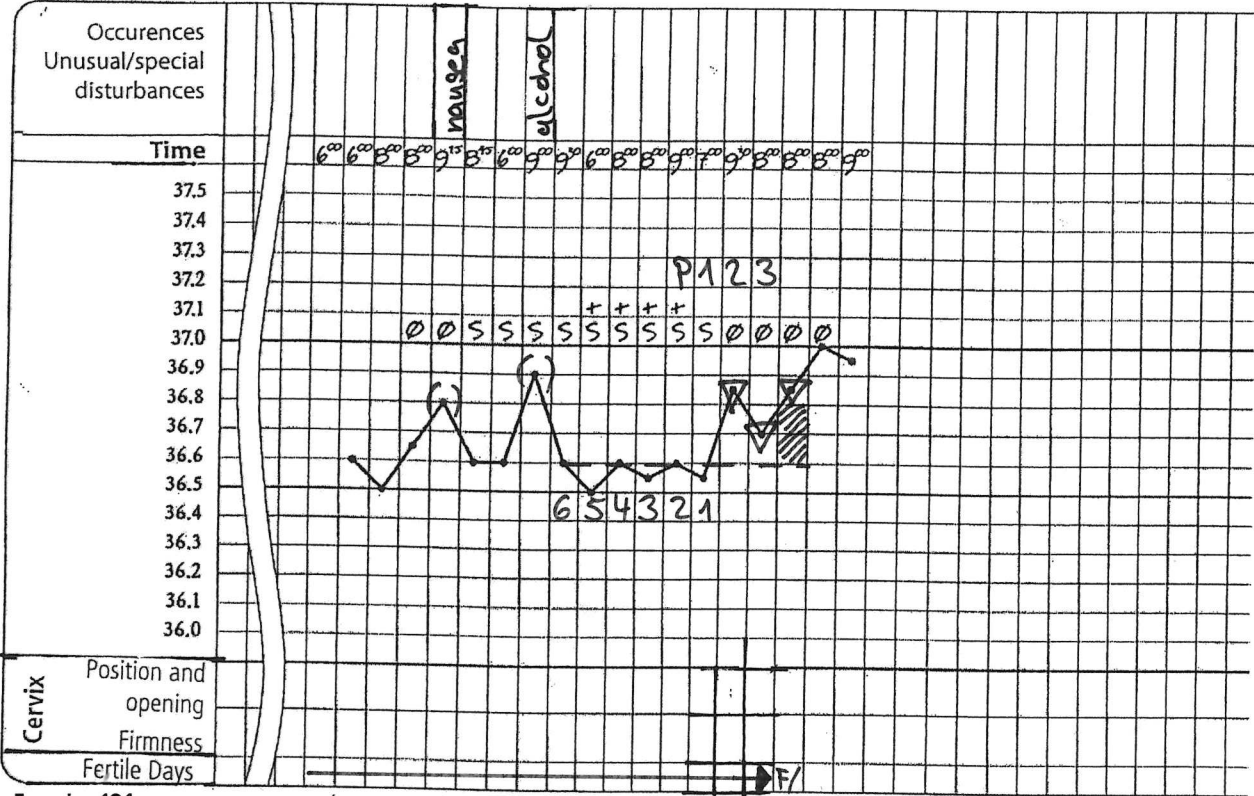


Exercise 187

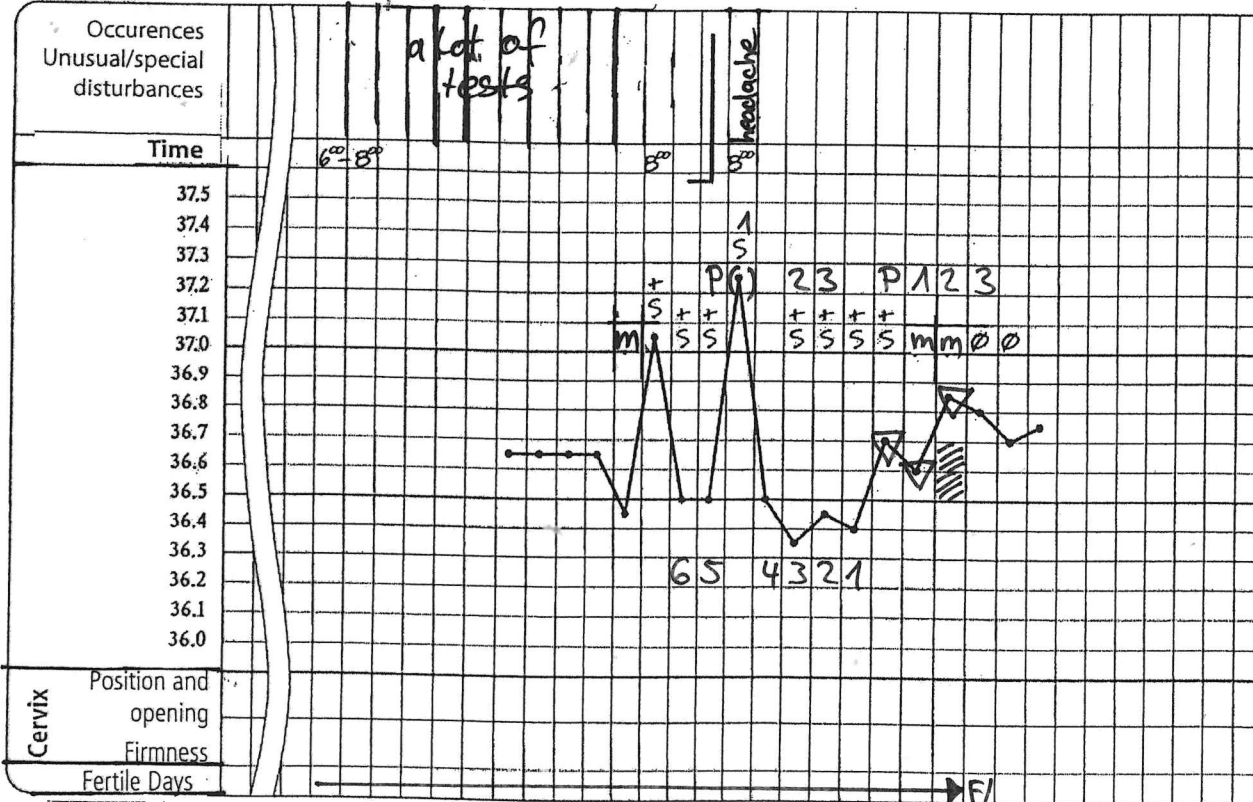




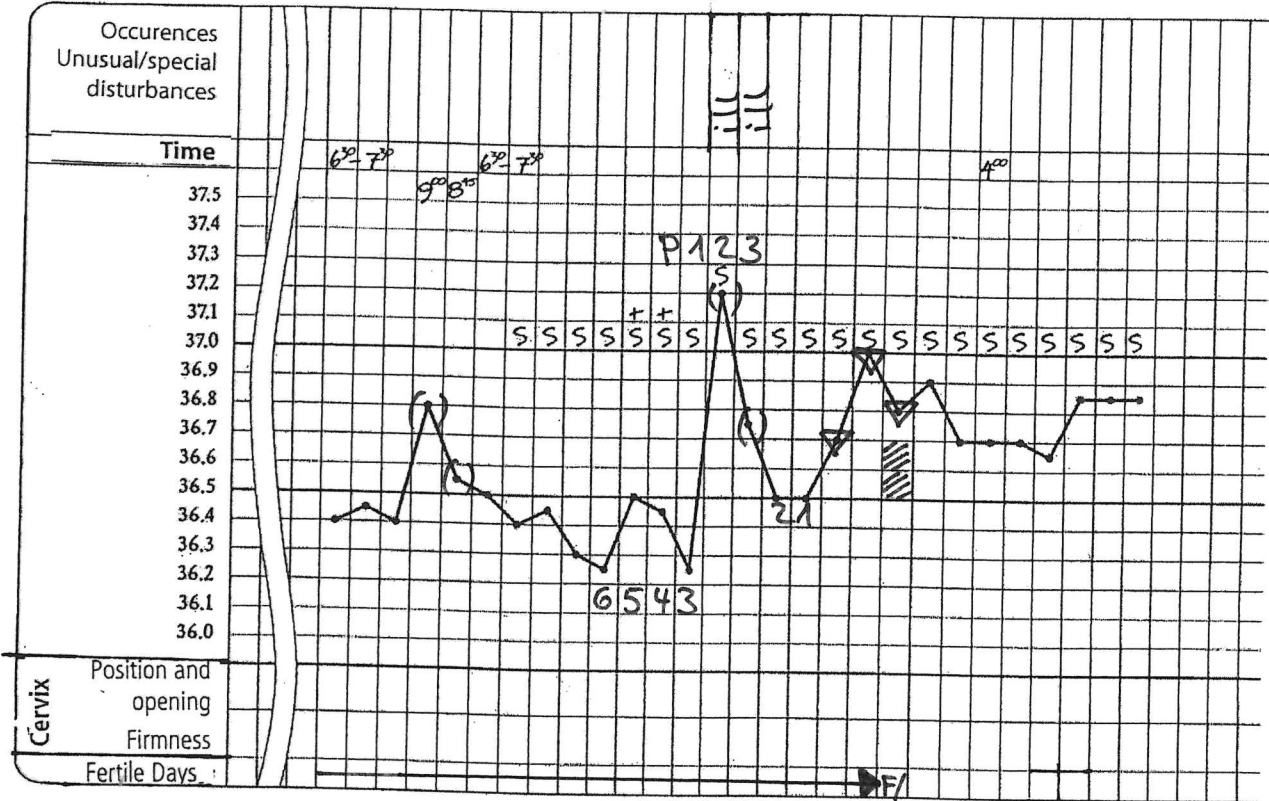
Exercise 190



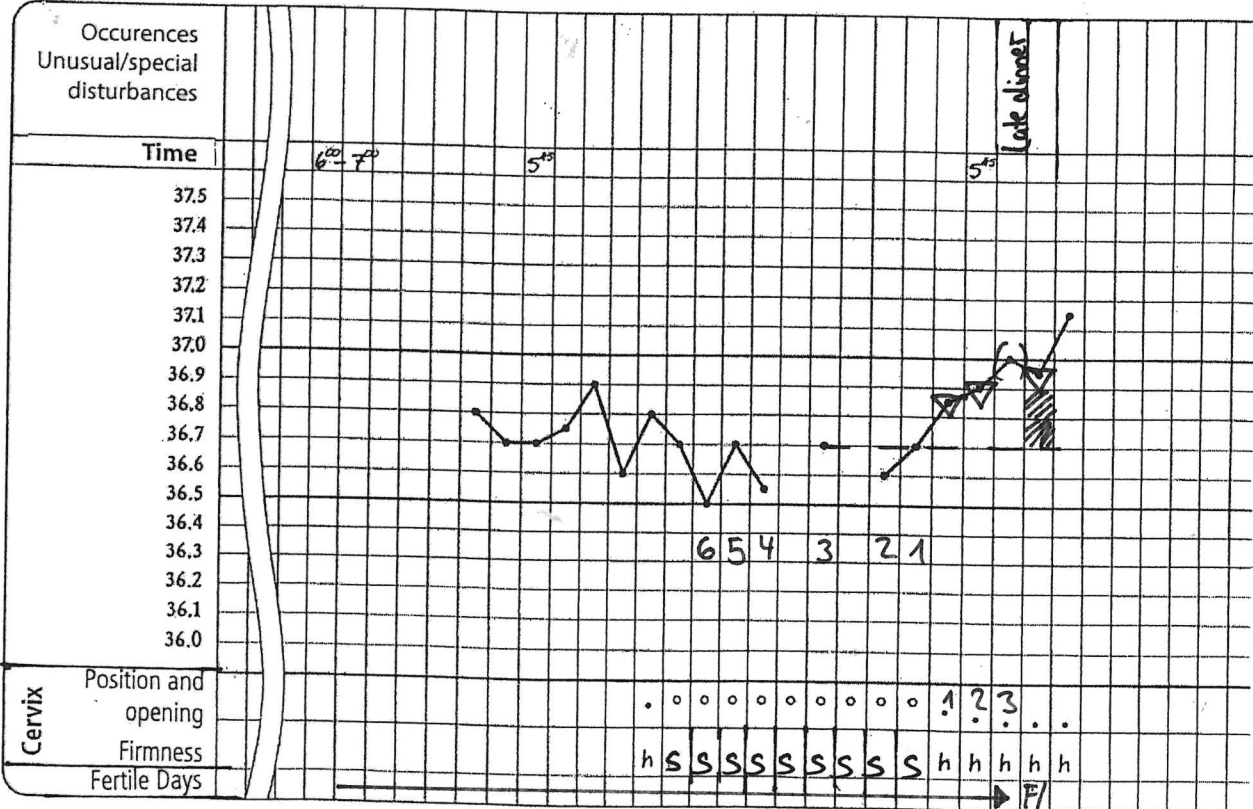
Exercise 191



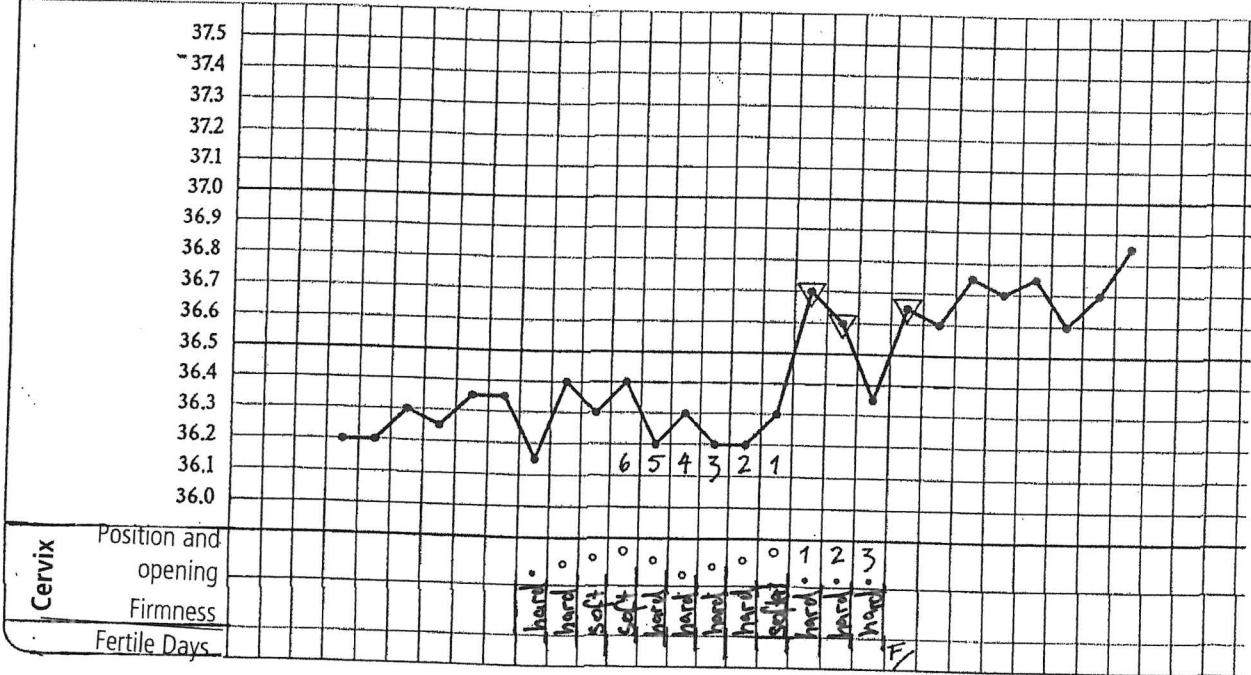
Exercise 192



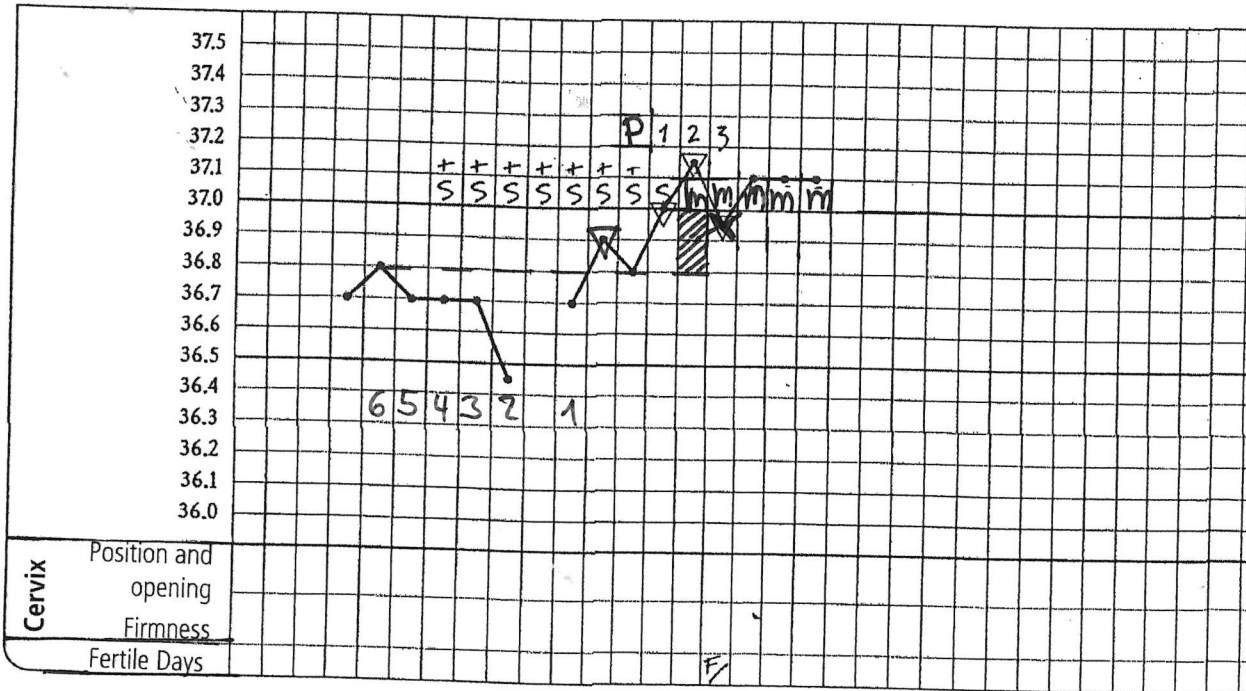
Exercise 193



Exercise 202

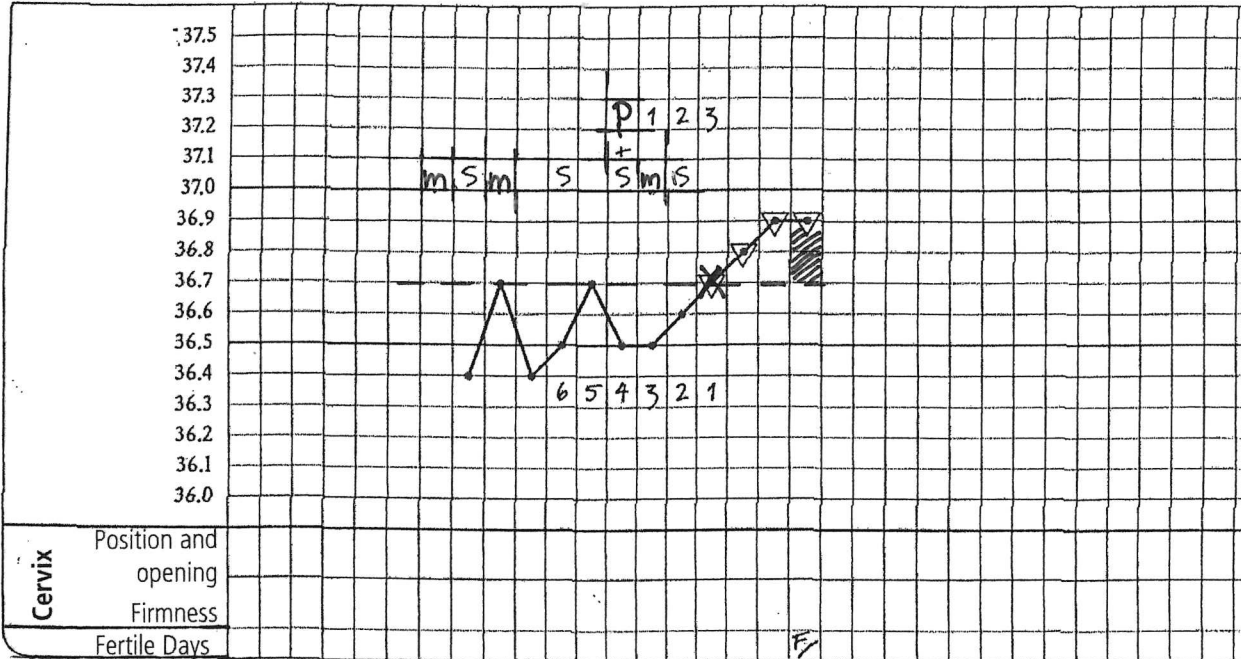


Exercise 203

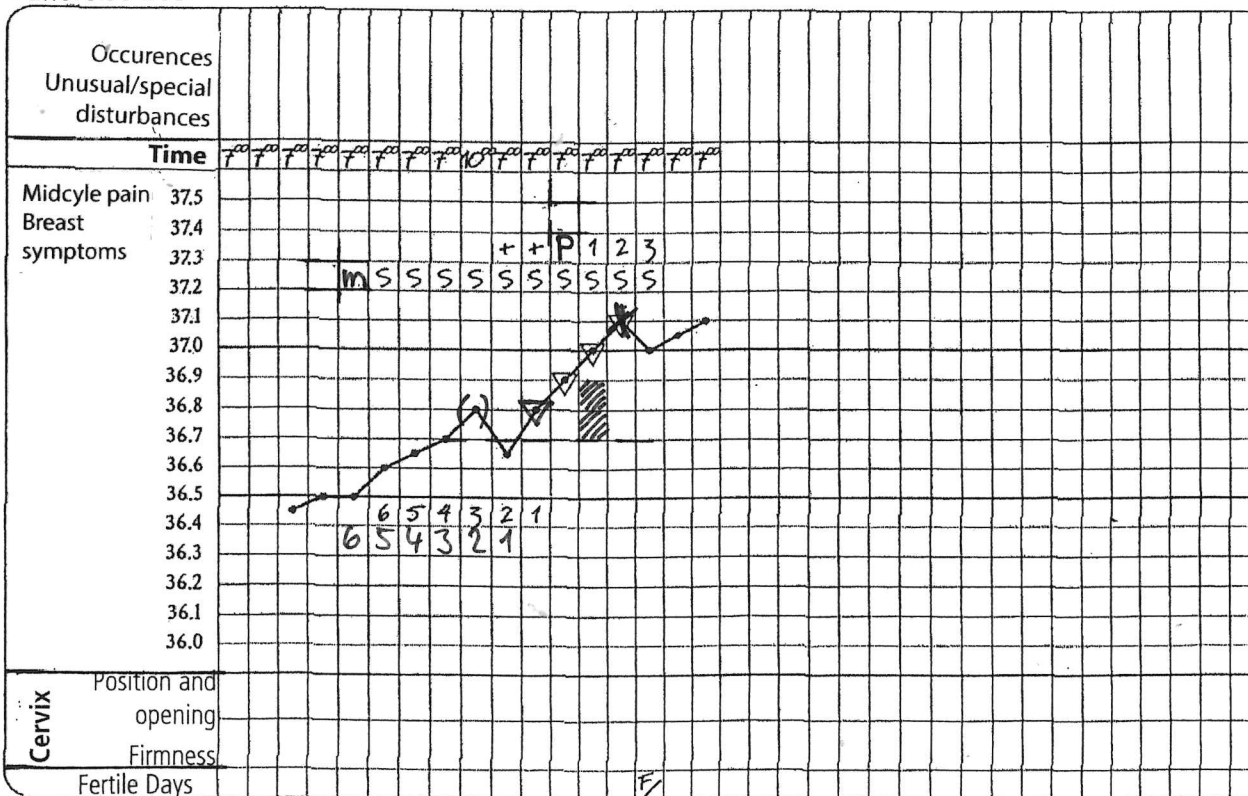




Exercise 204

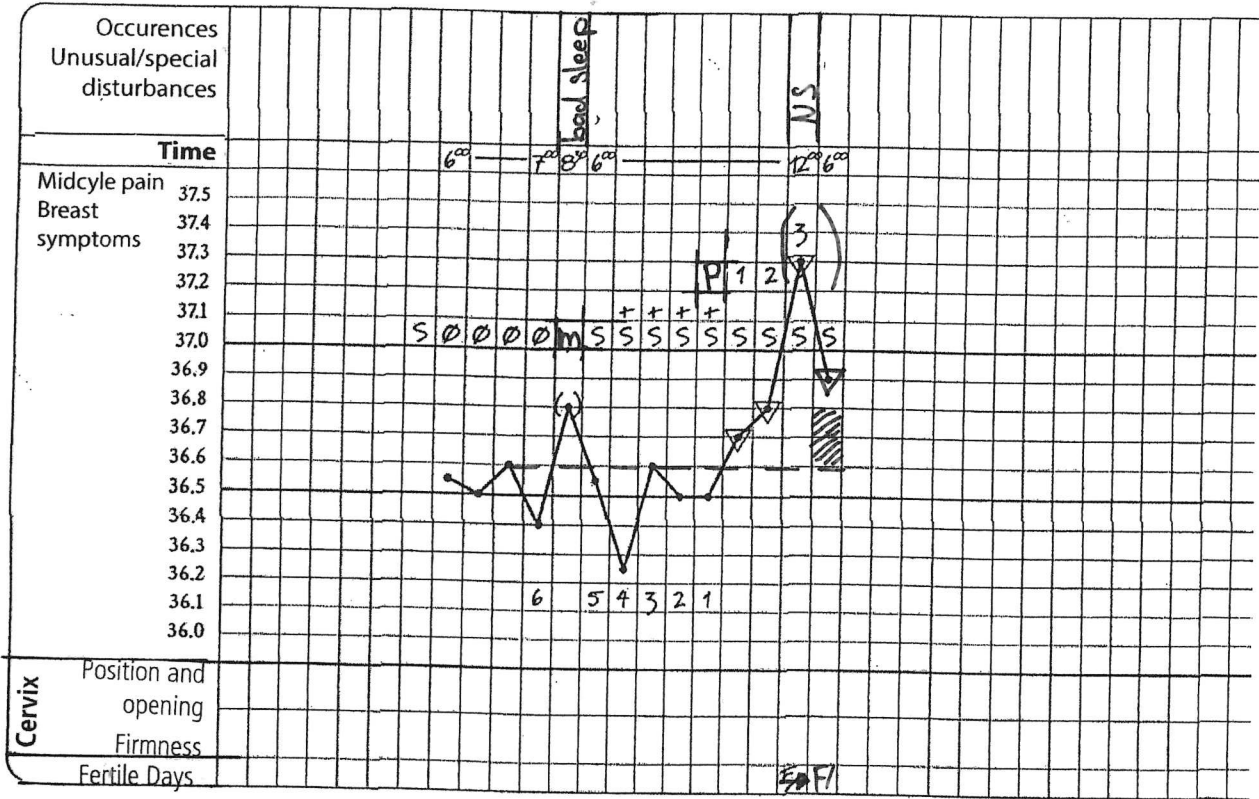


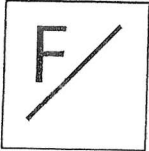
Exercise 205





Exercise 206





Exercise 207

Time	Occurrences Unusual/special disturbances	Midcycle pain Breast symptoms	Basal body temperature	Mucus Appearance Sensation	Cervix Position and opening Firmness Fertile Days
5. Februar					
1					
2					
3					
4					
5				brakish	moist
6					nothing
7					
8					
9				thick, yellowish	
10				"whitish"	
11					
12				white elastic	moist
13				translucent	wet
14					moist
15					
16					
17					
18					nothing
19					
20					dry
21					
22					
23					
24					
25					
26					
27					
28				yellowish elastic	moist
29					
30					
31					
32					
33					
34					
35					
36					
37					
38					
39					
40					

Cycle-no.:

Temperature taken
 R X
 V
 O

Earliest first higher temperature reading in the previous cycles minus 8

Earliest first higher temperature reading in this cycle

Do you intend to become pregnant in this cycle
 yes no undecided

preceded temperature shift





Exercise 208

Date:	Cycle day	Menstruation	Sensation	Appearance	Position and opening	Firmness	Fertile Days	Basal body temperature		Midcycle pain	Breast symptoms	Occurrences Unusual/special disturbances
								Time	Temperature			
26.5.98	1											
	2											
	3											
	4											
	5		dry									vacation
	6		dry									
	7		itching									
	8		itching	yellowish								
	9		itching	yellowish								
	10			yellowish								
	11			creamy								
	12			translucent								
	13			elastic								
	14			lumpy								
	15			murky								
	16											end of vacat.
	17											
	18											
	19											
	20											
	21											
	22											
	23											
	24											
	25											
	26											
	27											
	28											
	29											
	30											
	31											
	32											
	33											
	34											
	35											
	36											
	37											
	38											
	39											
	40											

Cycle-no.: 1 4
 Temperature taken: R V O X
 Earliest first higher temperature reading in the previous cycles: 1 3 5
 Minus 8: 1 4
 Earliest first higher temperature reading in this cycle: 1 4
 Do you intend to become pregnant in this cycle: yes no X
 preceded temperature shift: undecided X