Natural and safe

Solutions



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sensiplan



Contents

Interpretations of the cervical mucus	4
Cervical mucus abbreviations	15
Cervical mucus peak	20
Interpretation of the temperature	24
Interpretation of the cervix	55
Interpretation of the double check at the beginning of the cycle	58
The end of the fertile period	75
As experts - controlling already interpreted cykles	91
You have reached your destination!	97





mucus observations

	Exercise 1		1	1	1	1	1	1	1	1	-	-	-	-	-	-	.	1.	-	1	1-	-	-	1	-	1-	1	-	1	-	-
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Interpretation of the cervical mucus Fitness Test

Amount of mistakes at the mucus abbreviations	Suggestions for the next steps
0	Great! For your own safety yu might want to do some more exercises in the next chapter.
1-5	Go through the next chapter, you might be better at the next Half-time!
6 or more	Go through the next chapter intensely to improve quickly.

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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 intensly. Don't ship any exercise.

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Solutions for exercise 31

Recess posibilities and tips to learn the cervical mucus abbreviations

- a) Please name at least ten descriptions for the appearance of the cervical mucus type S: Translucent, stretchy, can be stretched into strands, with whitish streaks,runs like water, reddish, red-brown, yellow-reddish, transparent, like raw egg white
- b) Description for sensation/Feeling of s: wet, slimy, slippery, lubricating, like oil, smooth
- c) Name all criteria for the d-type mucus: thick, whitish, opaque, creamy, lumpy, yellowish, sticky, milky, non-elastic or tough

Cervical mucus abbreviations	d
Sensation/Feeling	dry rough, itching unpleasant feeling
Appearance	no visible mucus, no cervical mucus at the vaginal opening



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 posibilities" 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

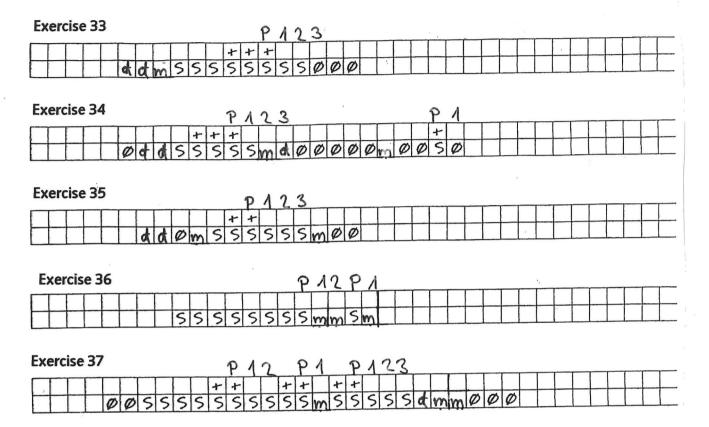
Exercise 32

Exercises Day of the mucus peak

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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 day16, 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 28 day 16, 19 Exercise 29 day 16, 19	Exercise 3	day 15
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Exercise 29 day 17	Exercise 27	day 19, 22, 25
•	Exercise 28	day 16, 19
Exercise 30 day 12, 19, 26	Exercise 29	day 17
	Exercise 30	day 12, 19, 26

H123

The mucus peak



The mucus peak Fitness Test

Number of mistakes made in the fitness test	Tips for further steps
0	Fantastic! Please go to the chapter "For experts only"
1 and more	The correct determination of the mucus peak is highly important therefore please work on all exercises 38-45.



Exercise 38 P 1 2 3 P 1 2 3 D d d m d d 5 5 5 5 5 5 5 0 0 0 0 0 5 0 0 0
Exercise 39 P 123
Exercise 40 P 1 2 3 P 1 2 3 P 1 2 3 D d d d d d S d d d d Ø S S S d d d d d S S S S
Exercise 41 P 1 P 1 2 3
Exercise 42
Exercise 43 P 1 2 3 P 1 2 3 S 5 m 5 5 5 5 5 5 m Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø Ø
Exercise 44 P 1 23 P S 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5
Exercise 45 P 1 2 3

Mucus peak- Half-time

Number of wrong determinded peaks	Tips for further steps
0	Fantastic! Go ahead with the next chapter
1-3	Exercises 46-49

Exe	rcise 46						Π						Г		P	1	2	3		P	1	2		T	T	Γ	T	Γ	Г			Γ		Г			Г	Π	Γ		
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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 posibilities of P123.

Recess posibilities 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:

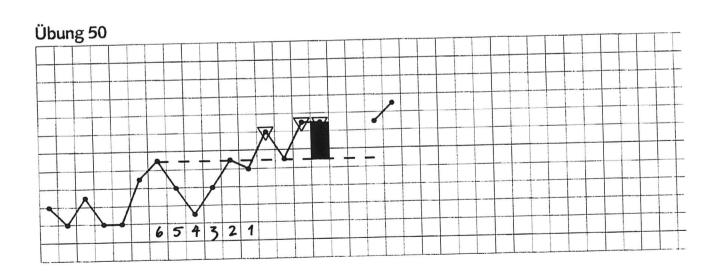
Temperature has risen if there are three consecutive readings that are all higher than the six previous readings, thereby the 3rd higher reading has to be at least 2/10 °C (=2 boxes in the cycle sheet) above the previous six low temperature readings.

First exception to the rule on temperature:

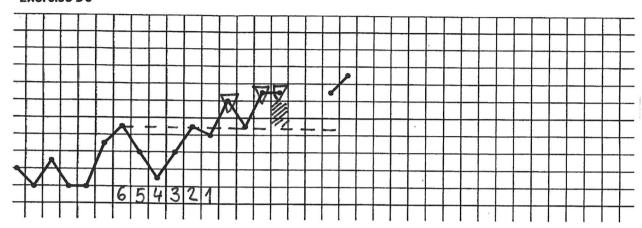
If the 3rd temperature reading is not 2/10°C higher, a 4th temperature value needs to be used. This also has to bi higher than the 6 previous low values, i.e. over the reference line, but it does not necessarily have to be 2/10°C higher.

Second exception to the rule on temperature:

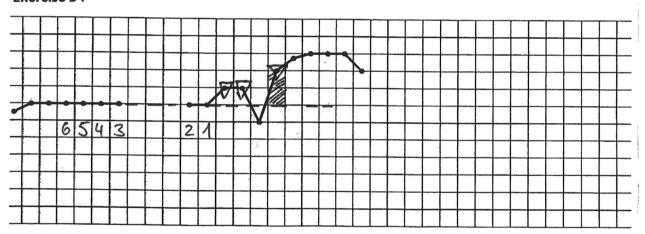
With the three necessary higher readings one of these may fall down to or below the reference line. This value may not be taken into account and is therefore not circled. The third value, however, needs to be at least 2/10°C.

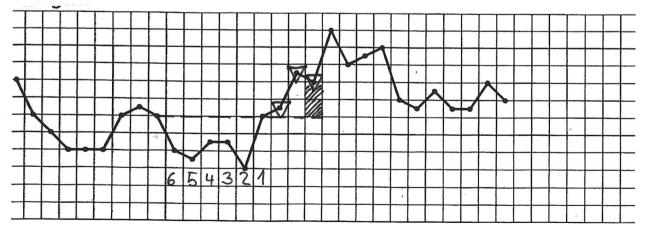






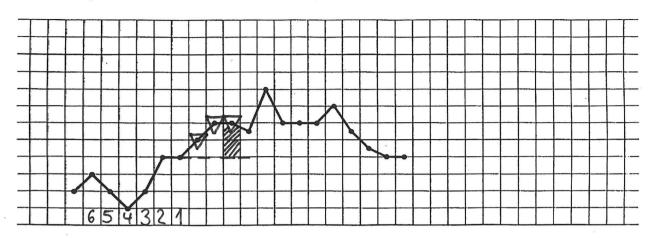
Exercise 51

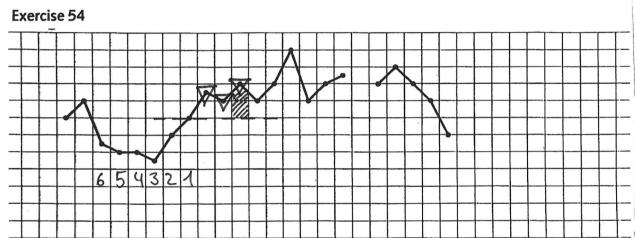


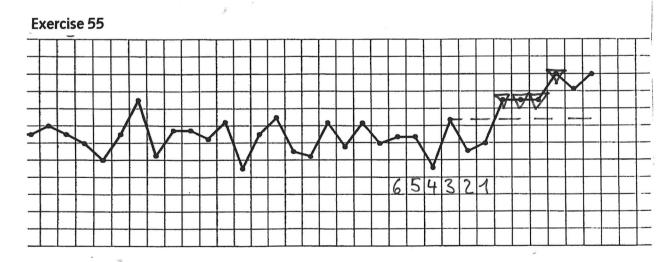




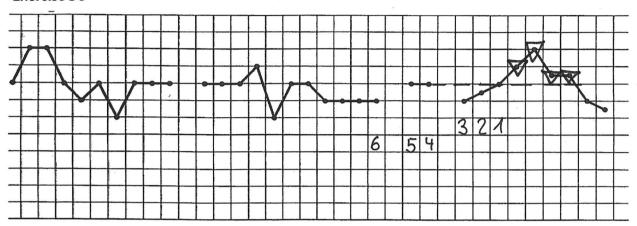
Fitness Test



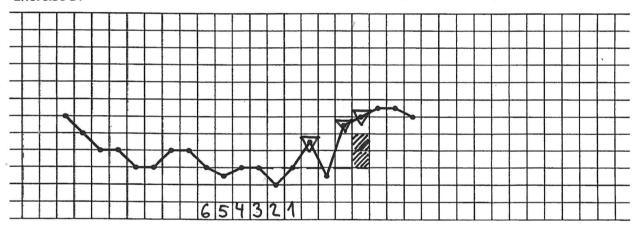




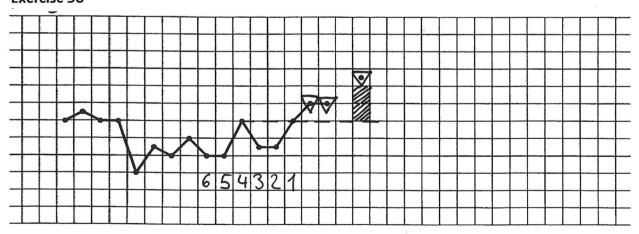




Exercise 57



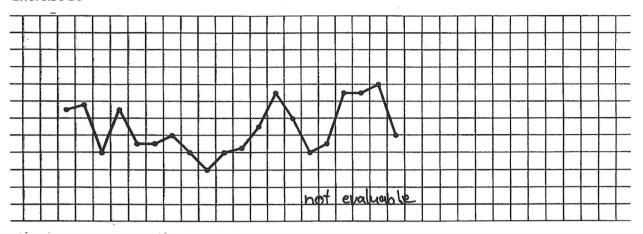
Exercise 58

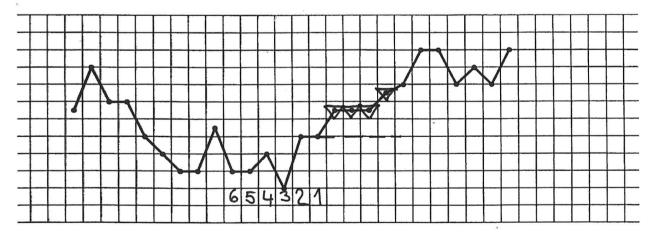




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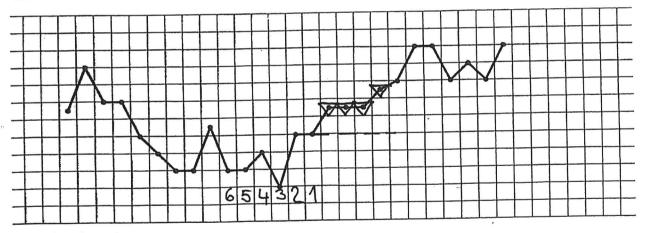




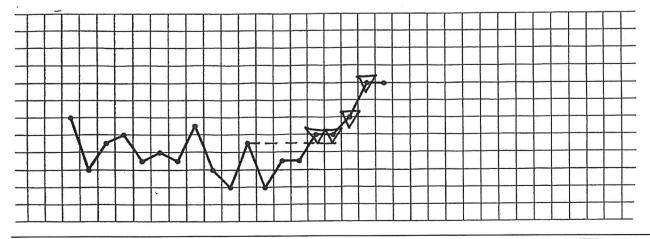
Evaluating the Temperature readings Fitness Test

Number of mistakes at the evaluate cykles	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, yout might be better.
more than 4	Do you have more than 5 wrong evaluatins? Check your mistakes and go on in this chapter.

Exercise 60

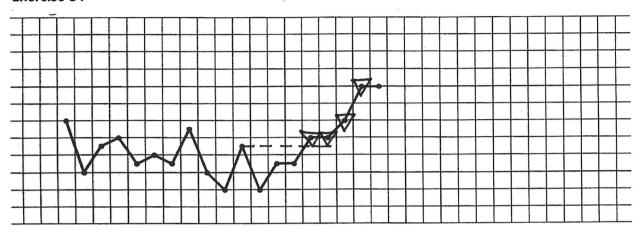


Exercise 61

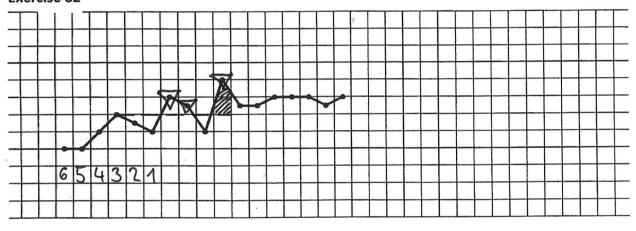


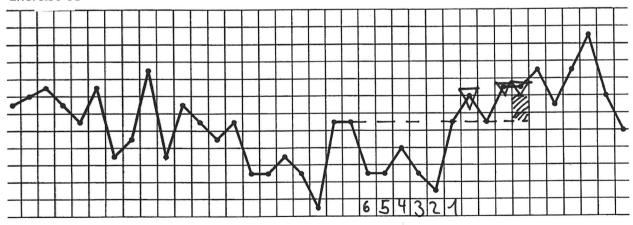
28





Exercise 62

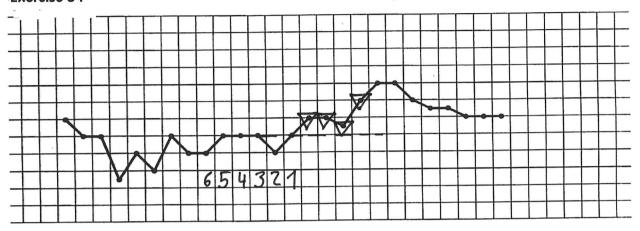




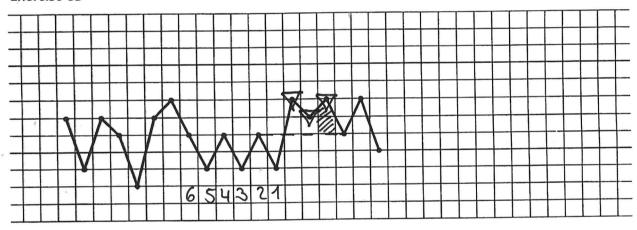


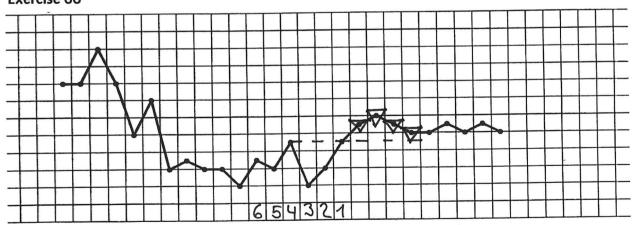




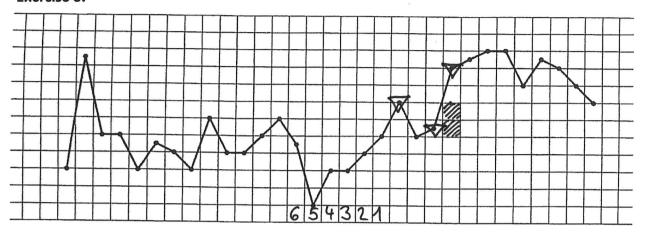


Exercise 65

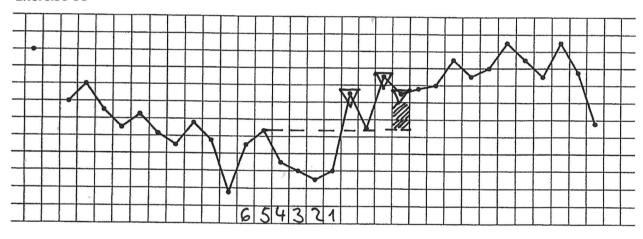


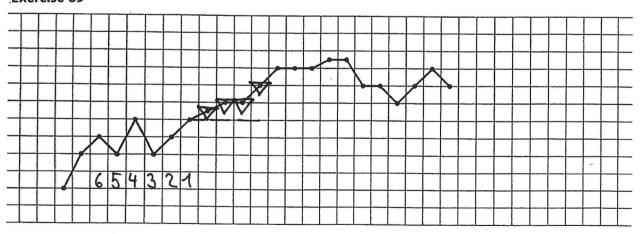






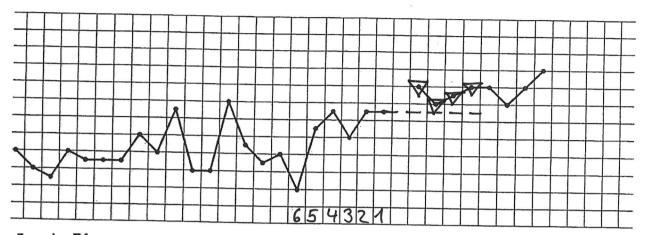
Exercise 68



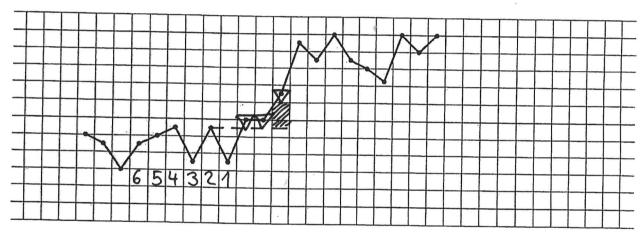


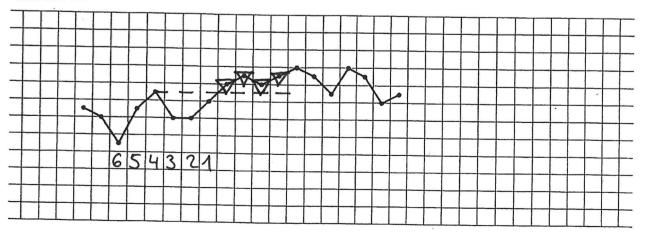






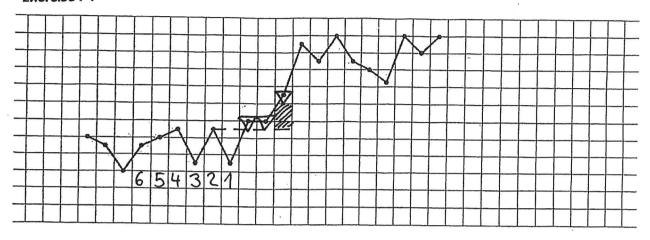
Exercise 71







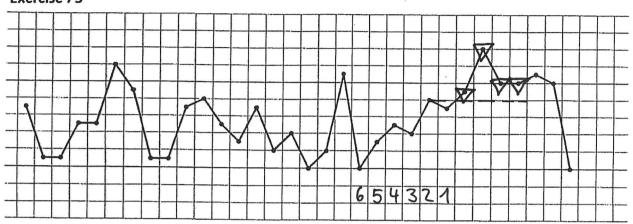




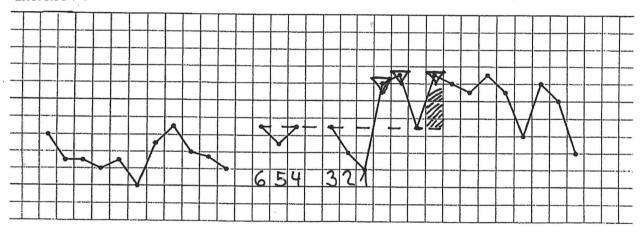
March of temperature - Half-time

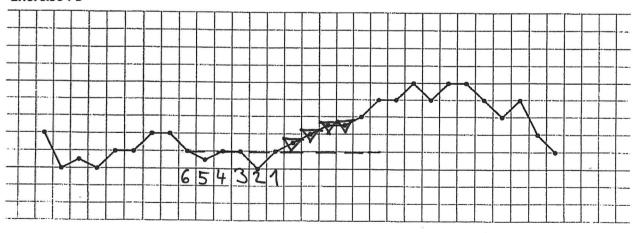
Number of mistakes at the evalute cykles	Tips for further steps
0	Fantastic! You can go on with the next chapter.
1-3	Good! Correct your evaluation and go on with the exercises 72-84.
more than 4	Complete this chapter to get rid of the mistakes.



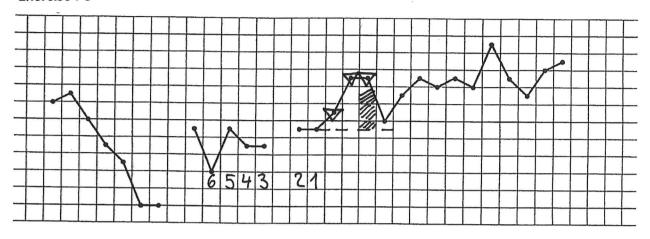


Exercise 74

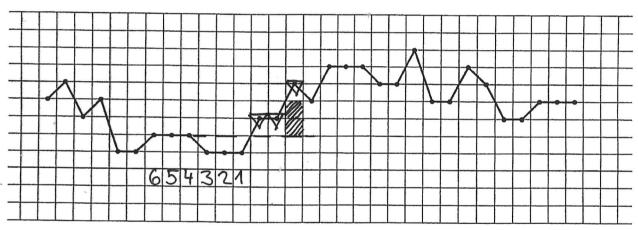


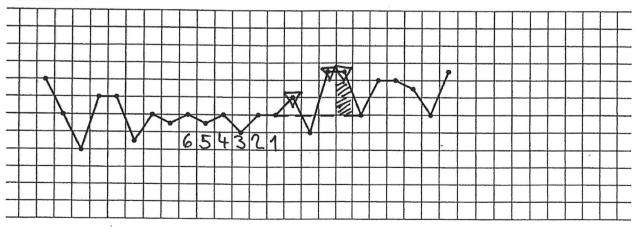






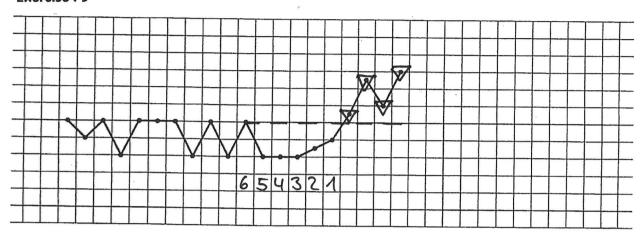
Exercise 77



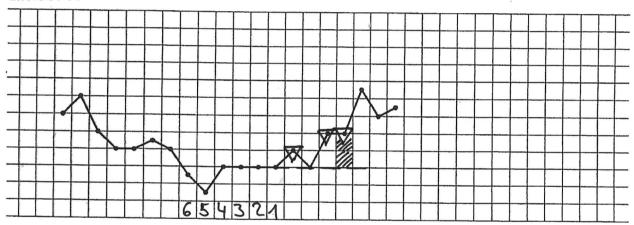


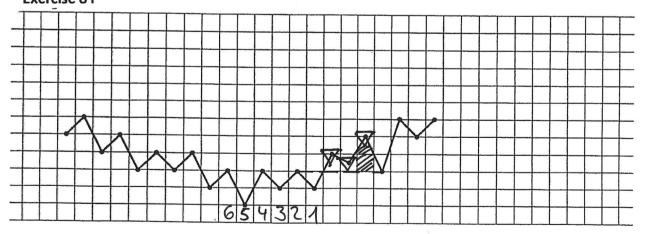






Exercise 80

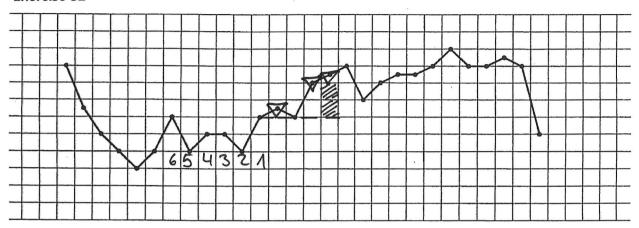




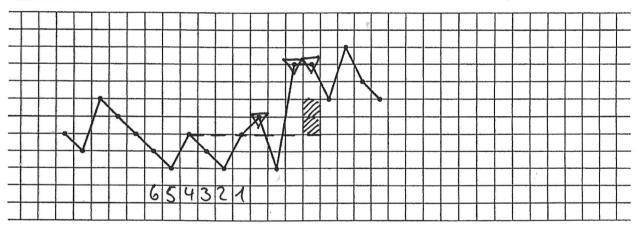


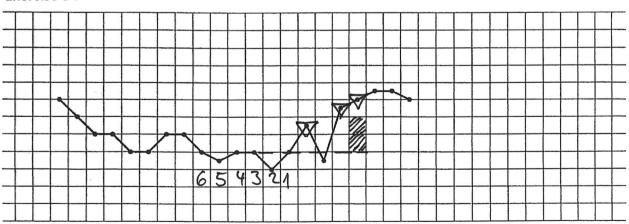






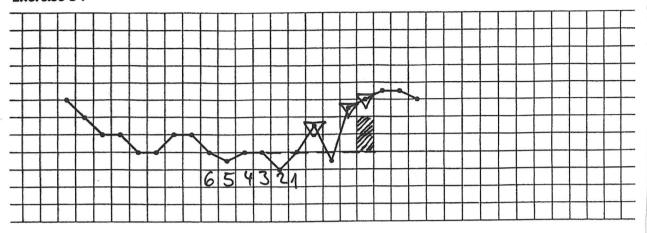
Exercise 83

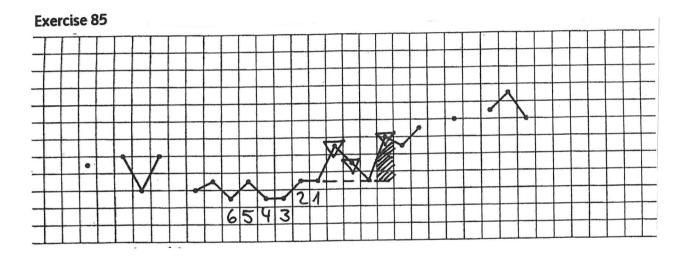








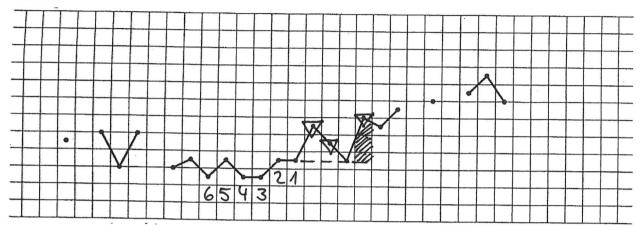




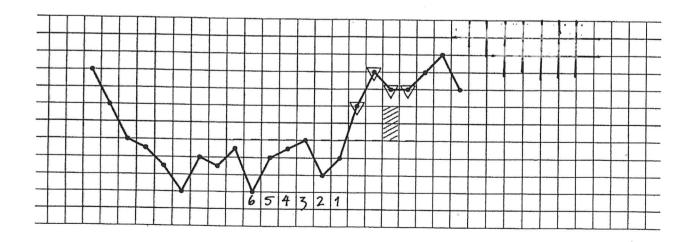
March of temperature- Final results

Number of mistakes at the evaluate cykles	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.



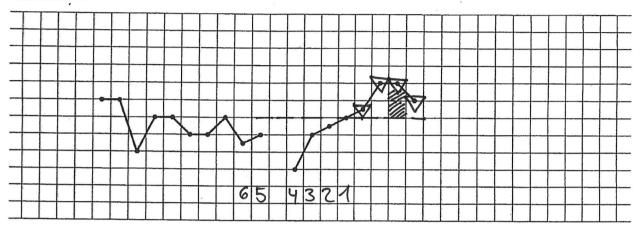


temperature interpretation in the first cycle post pill

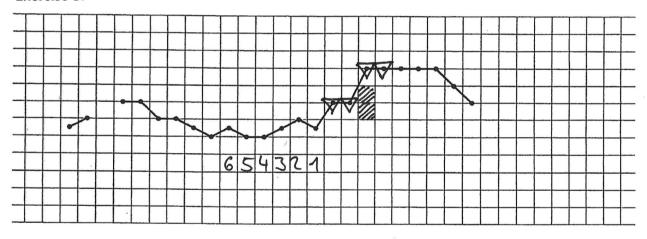


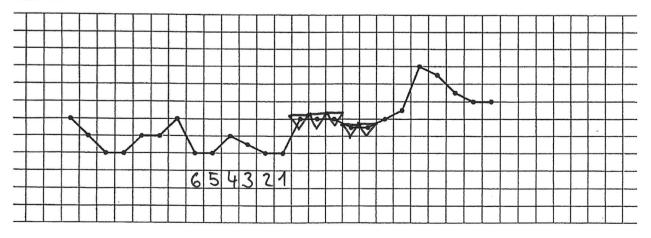






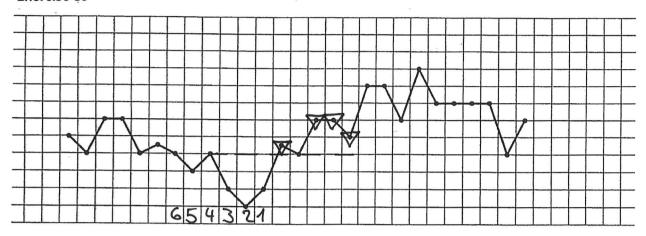
Exercise 87



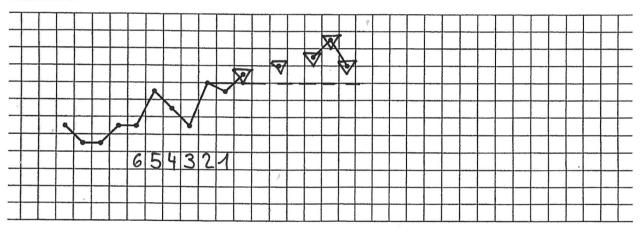


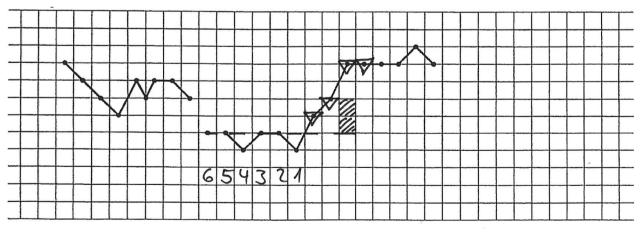






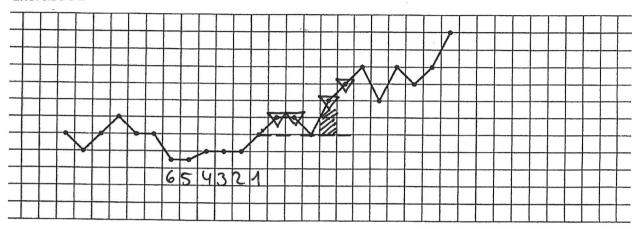
Exercise 90



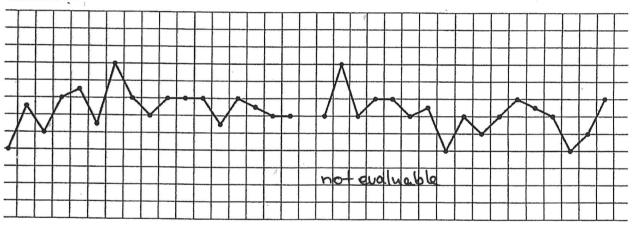


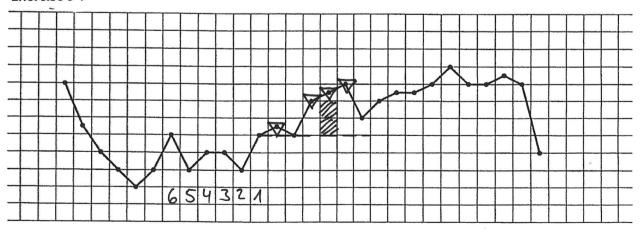




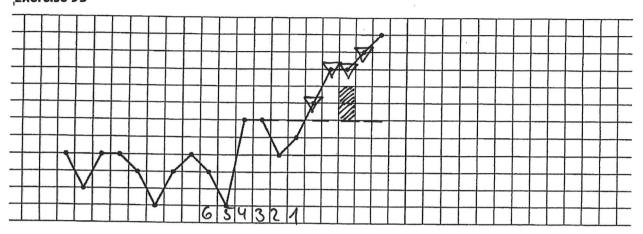


Exercise 93



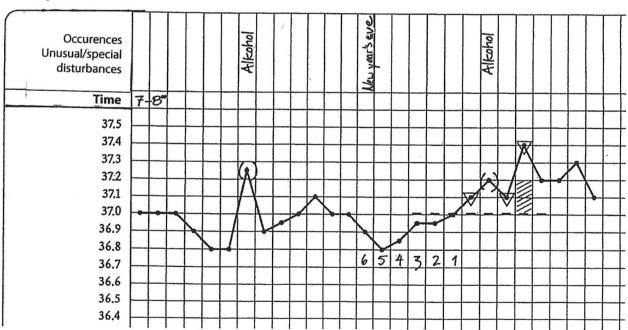






Interpreation of disturbances

Example

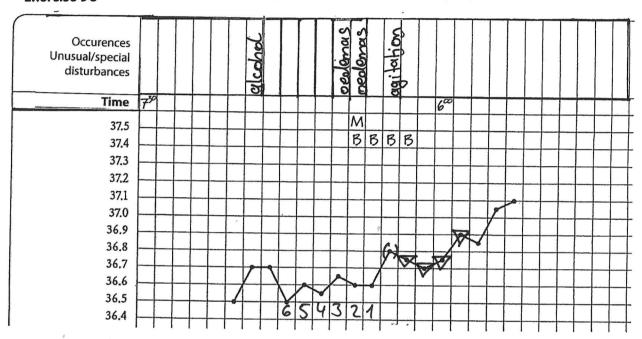




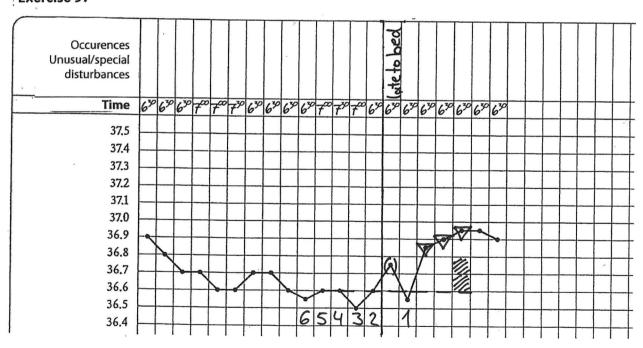


Observe the following temperature curves and consider the disturbances in your interpretation.

Exercise 96

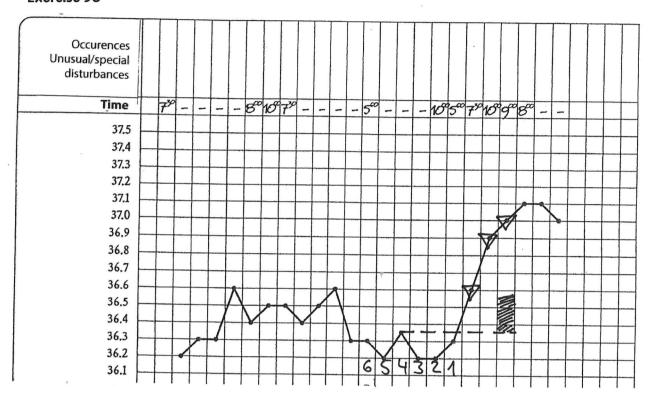


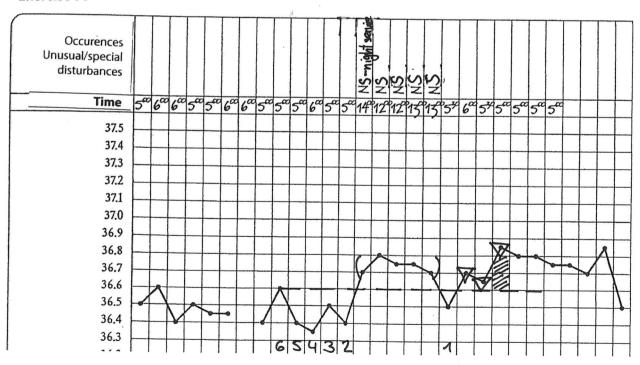
Exercise 97





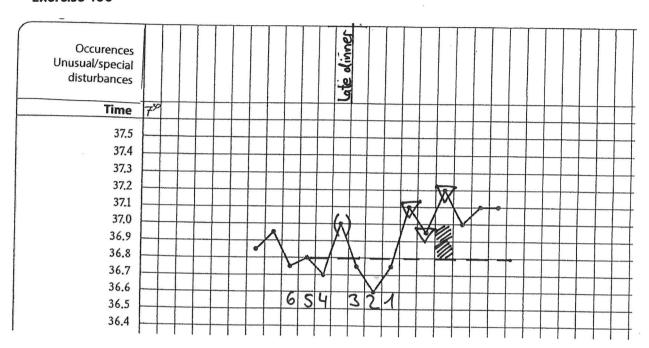


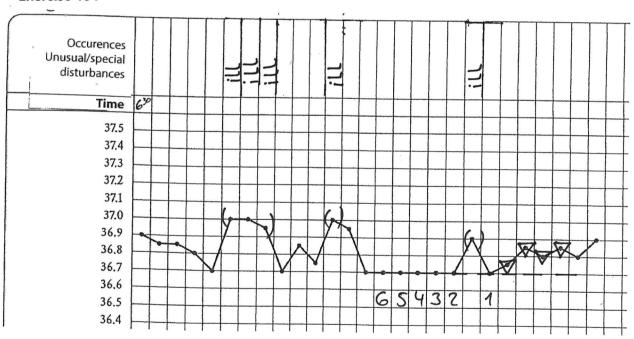






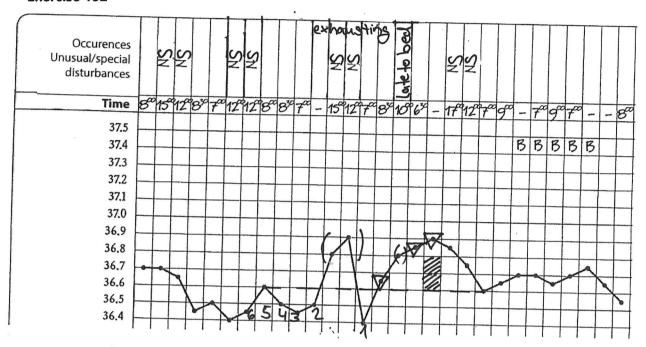


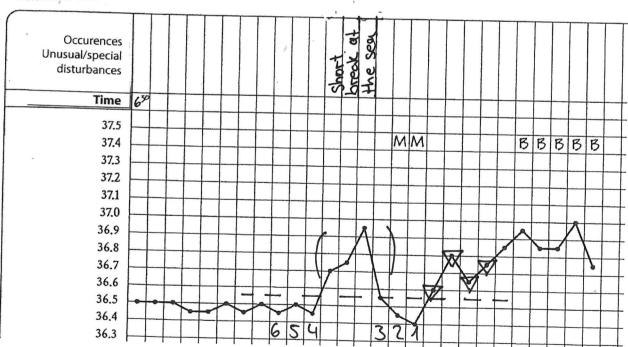






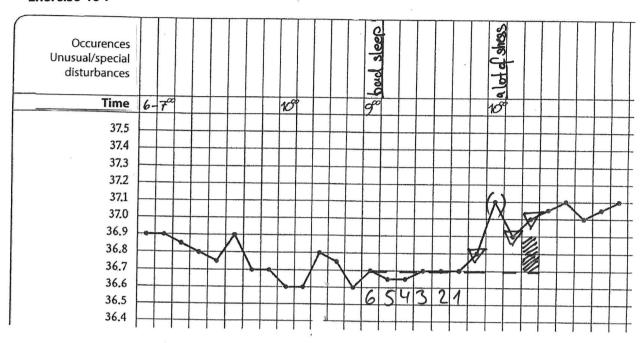


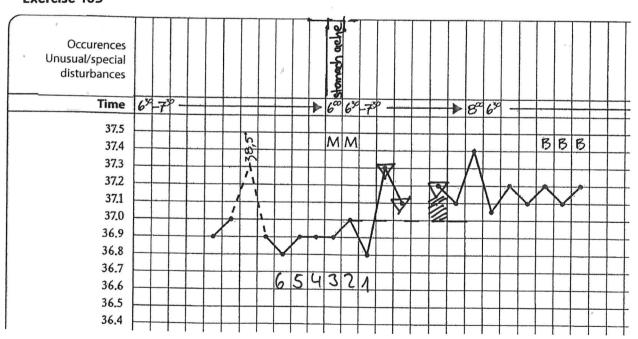












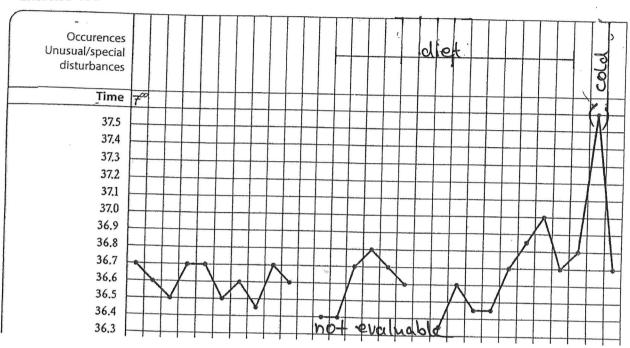




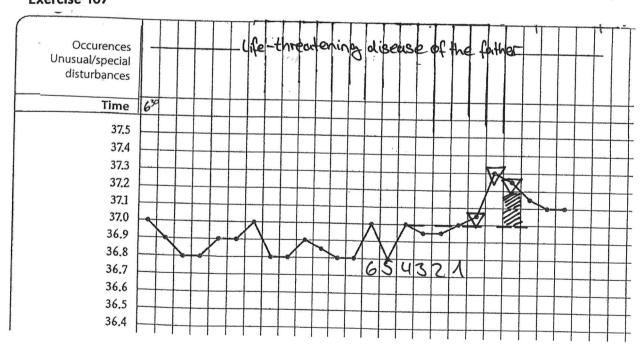


Natürlich und sicher - Das NFP Übungsprogramm

Exercise 106



Exercise 107



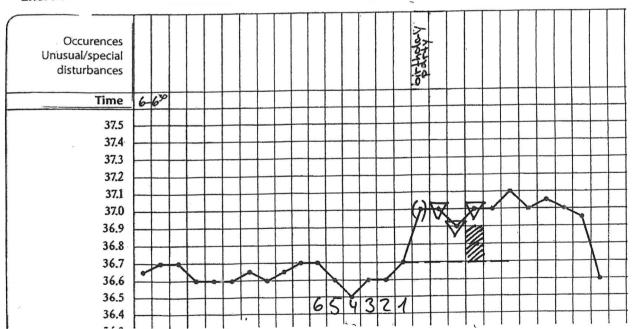
Check your interpretation in the solutions.



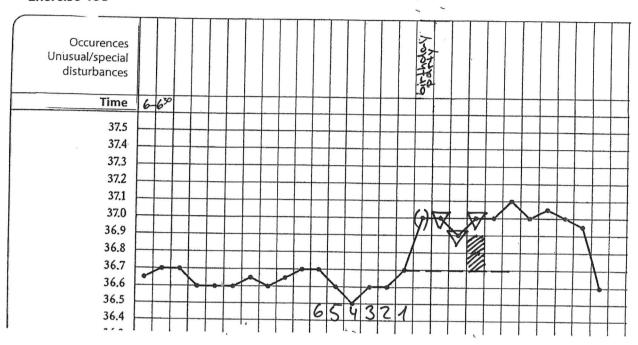


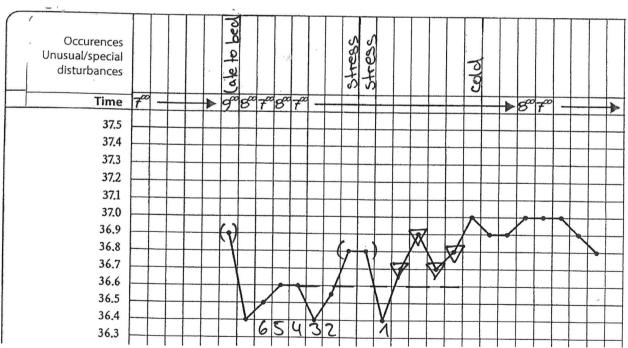
Disturbances in the temperature curve - Half-time

Number of mistakes in the evaluate cykles	Suggestions for further steps
0	Fantastic! You can go on with the next chapter.
1-3	Well done! Correct your evaluation and choose 4 cykles 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"



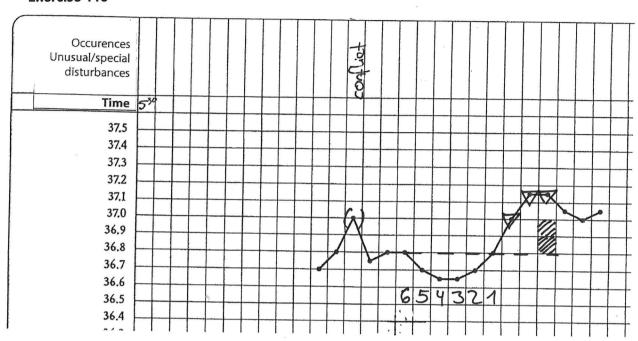


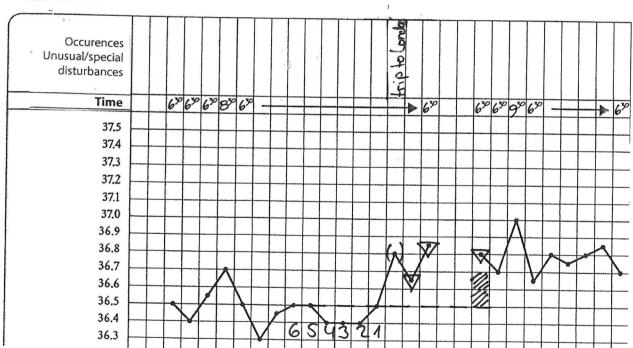






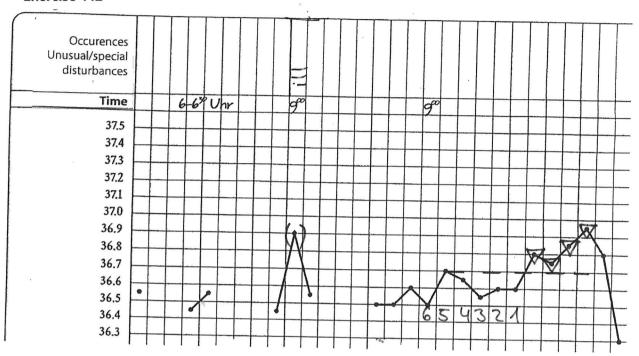


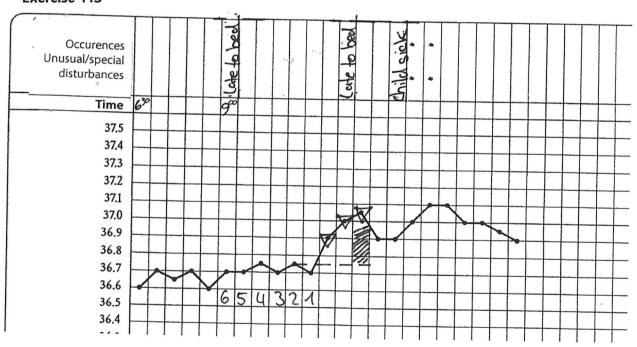






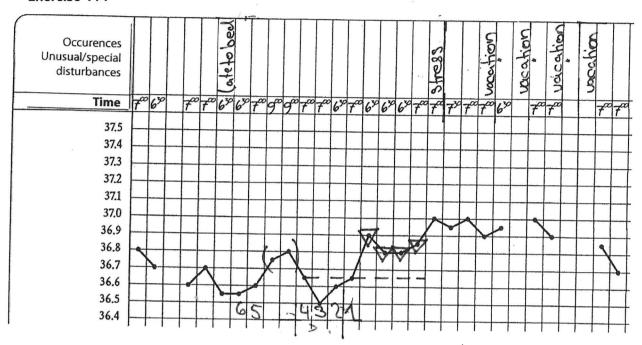


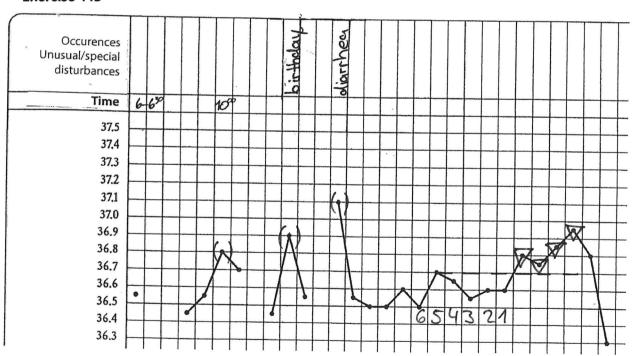








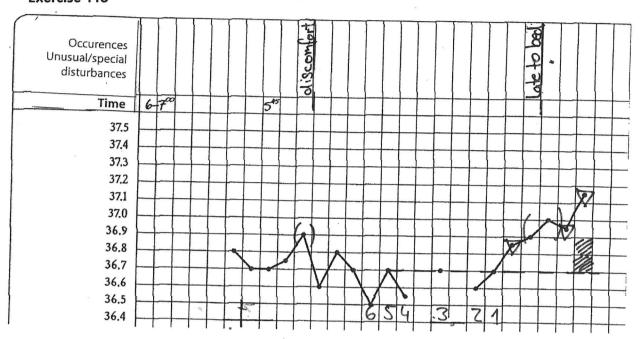


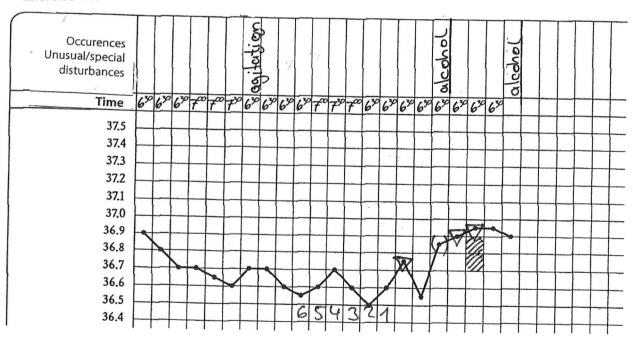






Exercise 116

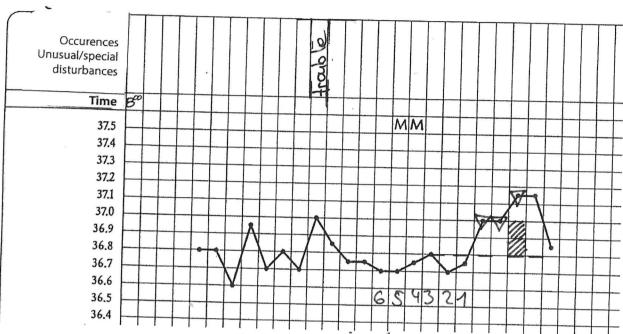




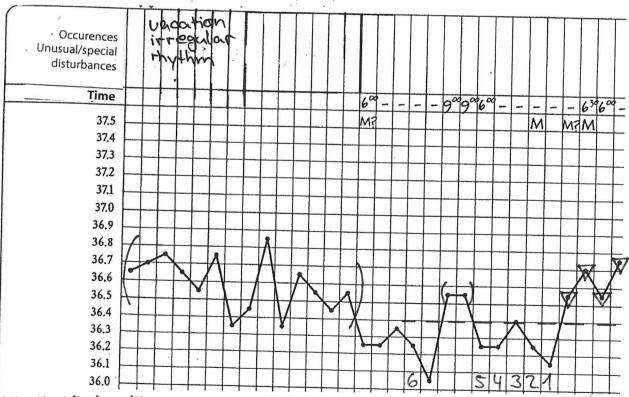




Exercise 118



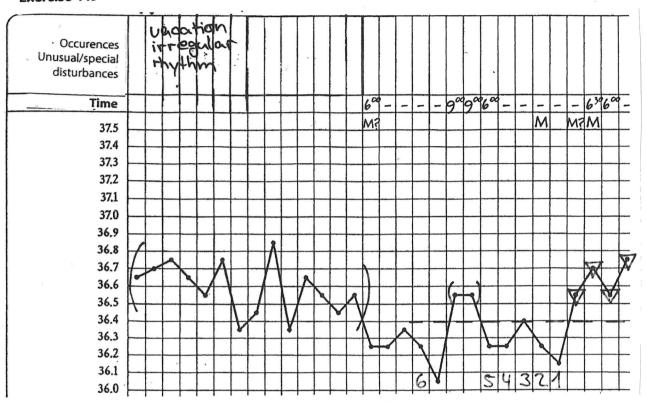
Exercise 119



Attention! final result! Check the solutions.







Disturbances in the temperature curve Half-time

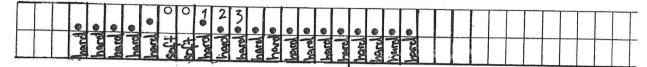
Number of mistakes in the evaluate cykles	Tips for further steps
0	Fantastic! Go on with the next chapter
1-3	Where ist the mistake? Correct the mistake and go on with the next chapter.
more than 4 mistakes	 Try to find the mistake. Wrong handling with the disturbances? Didn't recognize exception 1? Didn't recognize exception 2? Decide on which chapter you will work again to get rid of your mistakes.



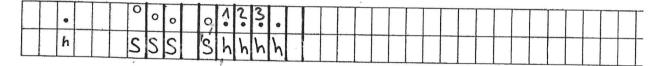


The observation of the cervix

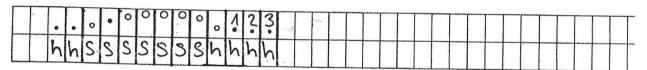
Example



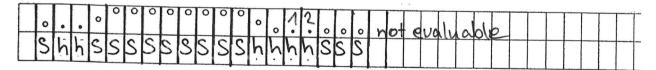
Exercise 120

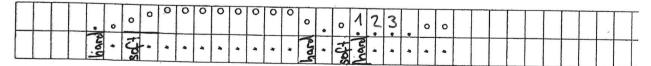


Exercise 121



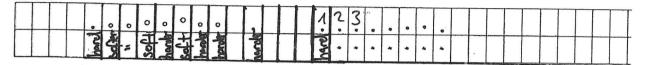
Exercise 122



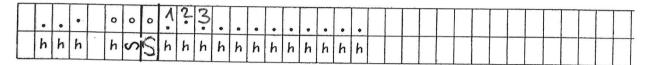




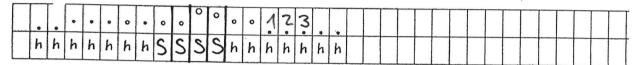




Exercise 125



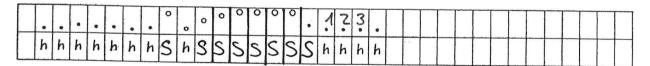
Exercise 126

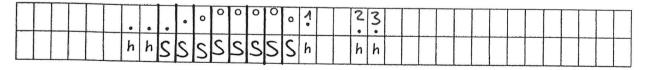


Exercise 127



Exercise 128





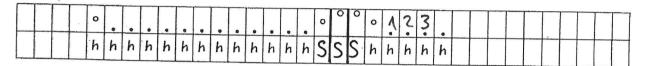




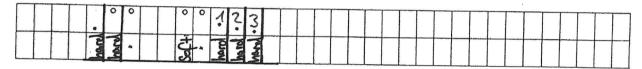


0		0	0	0	0	0	0	0	1	?	3	•	•	•	•	Γ	Γ		Ī				
S	S	S	S	S	S	S	S	herrob	h	h	h	h	h	h	h						-		

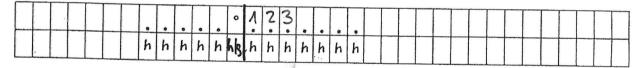
Exercise 131



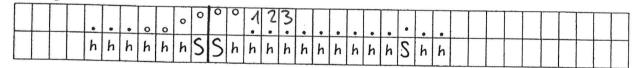
Exercise 132



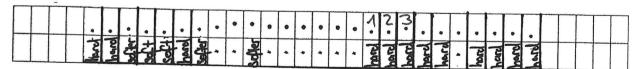
Exercise 133

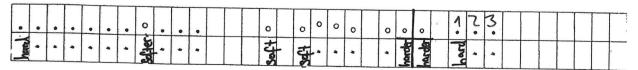


Exercise 134



Exercise 135



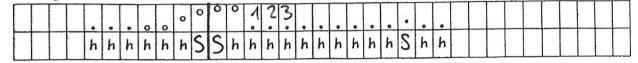




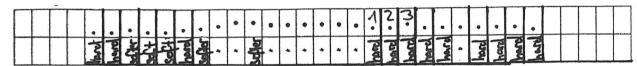


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				h	h	h	h	h	hk	h	h	h	h	h	h	h			_					_

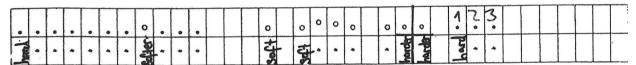
Exercise 134



Exercise 135



Exercise 136



Evaluations of the cervix

Number of mistakes	Suggestions for further steps
0	Fantastic! For your own safety, we would recommend to choose one exercise in the next chapter.
more than 1 mistake	We would recommend to go on with the next chapter ot get rid of the mistakes.

Example

	Cycle day	ı	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date	2:															
١	/lenstruation				MI		3844	10 000								
Mucus	Sensation								(ubried hing	emoist 0						
Σ	Appearance								elastic, Logun	elaste Centhi	3					1
Cervix	Position and opening															-
ಲಿ	Firmness															-
	Intercourse															
	Fertile Days						F	F	F	F	F	F	F	F	F	

Cycle-no°.

Temperature taken

R

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
Da	te:															Г
	Menstruation		III		IM		IIII	110	1280	g# 2 61						
Mucus	Sensation								Hehing	itehing	D Valo	_				
Σ	Appearance															
Cervix	Position and opening															
ಲಿ	Firmness															
	Intercourse															
	Fertile Days	F	F	F	F	F	F	F	F	F	F	F	F	F	F	

Temperature taken

R
V
O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date	2:			-000												
N	/lenstruation	141			IM	Iles	300						_			L
Mucus	Sensation							moist	tsiam.	n			4			
Σ	Appearance							vellowish	thick	11						1
Cervix	Position and opening						•		•							
S	Firmness						h	h	4	h						
	Intercourse															
	Fertile Days							F	F	F	F	F	F	F	F	

Cycle-no°.

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

preceded temperature shift

Exercise 139

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
N	/lenstruation			M	800	900	200	00							
Mucus	Sensation											moist			
2	Appearance								Wellowish						
×	Position and														T
Cervix	opening	_	_	_	_	_	_	Н		_	_	_	_	_	L
Ö	Firmness														
	Intercourse														
	Fertile Days								F	F	F	F	F	F	F

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

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																
N	/lenstruation	Ш	Ш	m					_			_	_	_	_	L
Mucus	Sensation				okry	j 16	11	=	11	moist) I		5			
Z	Appearance						-	Consession	Chipman and a series address to part of the contract of the co	-	Hick					1
Cervix	Position and opening															
Cer	Firmness															
	Intercourse															L
	Fertile Days							F	F	F	F	F	F	F	F	1

Cycle-no°.	5 4
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															
N	/lenstruation	Ш	Щ	Ш	III	m	1888								
Mucus	Sensation											į	٠		
	Appearance														
	Position and								П	Г					
Cervix	opening							•	0	0					
ē	Firmness							h	h	h					
	Intercourse														
	Fertile Days								F	F	F	F	F	F	F

Cycle-no°.	25
Temperature taken	R V 🗙 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

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																
IV	lenstruation	I	M	Mil	un											L
Mucus	Sensation					ohry	, II	moist	moist	Ξ			4			
2	Appearance					0			thick	=						
Cervix	Position and opening															
ē	Firmness															
	Intercourse															
	Fertile Days	F	F	F	Финанс				-	-	-				1	

Exercise 143

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
N	lenstruation	M			M										
Mucus	Sensation						=	=	11	200	moist	=			
Σ	Appearance						1	thick, tough	Uhitish o	(ike water	/owa/	- =			
<u>.</u> ×	Position and														
Cervix	opening	-	\vdash	-	-	\vdash	-	-		-	-	-	\vdash	-	-
ŭ	Firmness														
	Intercourse														
	Fertile Days						F	F	F	F	F	F	F	F	F

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

Cycle-no°.
Post pill
Temperature
taken

R 🗙 V O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle



	. Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date							Ė	<u> </u>	-	-	-	· ·	-	-	
N	Nenstruation	W	M		M			T							
Mucus	Sensation						12	=	=	Set	moist	=	13.		
2	Appearance					Commencement	=	Phick, tough	Jhifish o	like water	Lumby	11,11			
Cervix	Position and opening											40			
ů	Firmness														
	Intercourse													7	\exists
	Fertile Days		\exists	\Box			F	F	F	F	F	F	F	F	F

Cycle-no°.
POST PILL
Temperature
taken
R
V
O

Earliest first higher
temperature reading
in the previous cycles

Minus 8

Earliest first higher
temperature reading

in this cycle

Beginning of the cykle 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 intensly through the next chapter.

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																
IV	/lenstruation		Ш	III	111	and										L
Mucus	Sensation						Mo	- 12	moist	=	=					_
2	Appearance								thick	Yama	-					
Cervix	Position and opening															
ဗီ	Firmness															
	Intercourse															
	Fertile Days						F	F	F	F	F	F	F	F	F	L

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

preceded temperature shift

Exercise 145

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
N	lenstruation				Wil	Mis	88 WI								
Mucus	Sensation							moist	h	=					
_	Appearance							milky	14	11					
Cervix	Position and opening														
ē	Firmness														
	Intercourse														
	Fertile Days							F	F	F	F	F	F	F	F

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

preceded temperature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																
N	Menstruation			Щ	H		110									_
Mucus	Sensation												÷			
2	Appearance	~														
.×	Position and															
Cervix	opening	_	-	-	-	-	-		<u> </u>	-	-		-	-	+-	1
ပီ	Firmness															
	Intercourse					X	X			X						
	Fertile Days								F	F	F	F	F	F	F	

Cycle-no°.
Post Pill
Temperature taken

R
V

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 the Sth		6	7	8	3	N	M	45	13	14	15	16		
N	lenstruation	III		m	116	So									
Mucus	Sensation						moist	moist		dry	dry Hehy		1		
2	Appearance						Lihitigh		mil Ku						
Cervix	Position and opening														
S S	Firmness														
	Intercourse														
	Fertile Days						F	F	F	F	F	F	F	F	F

Cycle-no°. 23 Temperature R taken VX 0 Earliest first higher temperature reading in the previous cycles 14 06 Minus 8 Earliest first higher temperature reading in this cycle

preceded temperature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date							80.40									L
1	Vienstruation	Щ	M	W	[4]	III	8884									L
Mucus	Sensation						olry			-	moist	₹ Jos	· 11			
Σ	Appearance						Challemanning		Circumstation		elastic.	translucent	-			
Cervix	Position and opening						•	•			0	0	0			
Cer	Firmness						h	h	h	S	S	3	3			
	Intercourse															
	Fertile Days										F	F	F	F	F	

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

Cycle-no°.

preceded temperature shift

41

Exercise 149

	CISC 147		_		- COLON	-			_				_	_	_
,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date	: 26.5														
N	lenstruation	M			M	Ole	Ma								
Mucus	Sensation											moist			
2	Appearance											vellowish			
Cervix	Position and opening														
ē	Firmness														
	Intercourse														
	Fertile Days					F	F	F	F	F	F	F	F	F	F

Cycle-no°. 8 Temperature $R \times$ taken V 0 Earliest first higher temperature reading in the previous cycles 12 04 Minus 8 Earliest first higher temperature reading in this cycle preceded temperature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date			-													
N	/lenstruation				III											
Mucus	Sensation			,		-	***************************************	grooth		=			y			
Z	Appearance							strechable	N	2						
Cervix	Position and opening															
G	Firmness															L
	Intercourse															
	Fertile Days	F	F	F	-		-					-		F	F	

Exersice 151

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
N	lenstruation	M		III	un	ĮĮ at									
Mucus	Sensation								moist	wet	moist	ton			
2	Appearance						Contraction of the last				-				
Cervix	Position and opening														
ē	Firmness														
	Intercourse														
	Fertile Days						F	F	F	F	F	F	F	F	F

Cycle-no°. Temperature taken 0 X Earliest first higher temperature reading in the previous cycles Minus 8 Earliest first higher temperature reading in this cycle

Cycle-no°.

Temperature taken

R X

0

Earliest first higher temperature reading in the previous cycles 20

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift



	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Dat																
	Menstruation	7111	111	m	H	886/										
Mucus	Sensation												ų			
	Appearance															
Cervix	Position and opening					•	•			0	0					_
ē	Firmness					h	S	S	S	S	S					
	Intercourse															٦
	Fertile Days						F	F	F							_

Cycle-no°.	15
Temperature taken	R V X O
Earliest first higher temperature reading in the previous cycles	A 5
Minus 8	07
Earliest first higher temperature reading in this cycle	

preceded temperature shift

Beginning of the cykle - Half-time

Number of mistakes in the evaluate cykles	Suggestions for further steps
0	Fantastic! You can go on with the next chapter.
1	Well done! Correct your evaluation. Choose 4 cykles 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 cykle"

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																
N	/lenstruation	m	111	m	111	4861										L
Mucus	Sensation												¢			
	Appearance															
×i×	Position and opening									Ø	0					
Cervix	Firmness					h	S	S	S	S	S					
	Intercourse															
	Fertile Days						F	F	IF							

Cycle-no°.

15

Temperature

taken

۲

0

v X

Earliest first higher temperature reading

A C

Minus 8

07

Earliest first higher temperature reading in this cycle

in the previous cycles

preceded temperature shift

Exercise 153

	Cycle day	1	-	1-	1	-		7		_	10	11	12	13	14
Date		1	2	3	4	5	6	/	8	9	10	11	12	13	14
		REL	1 111	331	111	Hei		-	_	_	-	-	-	-	_
IV	lenstruation	1611	III	6681	84.0	•••	\vdash	-	_	_	_	-	-	-	_
Mucus	Sensation								-	moist		ji i			
2	Appearance								Sticky	- "	=	5			
	Position and														
Cervix	opening														
S.	Firmness														
	Intercourse							Г							
	Fertile Days							F	F	F	_	- CONTRACTOR	-		-

Cycle-no°.

23

Temperature taken

R X

Ņ

0

Earliest first higher temperature reading in the previous cycles

14

Minus 8

06

Earliest first higher temperature reading in this cycle

preceded temperature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date):															
N	lenstruation	(11)			IIII	Man										
Mucus	Sensation						moist	=	=	=	1		r			
2	Appearance									lumbl	Whiteh.					
Cervix	Position and opening															
ပီ	Firmness															
	Intercourse															
	Fertile Days						F	F	-					-	-	-

Exercise 155

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date									11						
N	denstruation	M			(III	1100	84 0 0								
Mucus	Sensation												:		
	Appearance														
Cervix	Position and opening							•	•	•	0				
Cer	Firmness							h	h	h	5				
	Intercourse														
	Fertile Days								F	F	F	F	F	F	F

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 preceded temperature shift

Cycle-no°. 49
Temperature taken

v **X**

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																L
N	1enstruation				III	(//	Mas	ele.							-	L
Mucus	Sensation								ALIO	, u	×.		,			
2	Appearance															- married and an
Cervix	Position and opening								•	•	Ø					
Cer	Firmness								h	h	S					
	Intercourse															
	Fertile Days	F	F	F	F	F	F	F	F	F	F	F	F	F	F	

Exercise 157

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date	e:														
N	/lenstruation	IIII		1111	Mu	Sec.									
Mucus	Sensation						-		-			Wet			
Σ	Appearance						disconnect contract to		Whitish	Whitish.	whitish	whilish ropy	whitish	11	=
Cervix	Position and opening Firmness														
	Intercourse														
	Fertile Days						F	F	F	F	F	F	F	F	F

Temperature taken

R
V
O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Cycle-no°.

12

Temperature taken

R

V X

0

Earliest first higher temperature reading in the previous cycles

16

Minus 8

08

Earliest first higher temperature reading in this cycle

preceded temperature shift

					-			_	_	-	_	THE REAL PROPERTY.	_	_	_	_
	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date			L													L
M	lenstruation	M	MI	M		1880	agran									L
Mucus	Sensation							-					r			
N	Appearance							-		-	CHINASTERNATION	Vamu	1 11			
Cervix	Position and opening							•	•	•	•	0	0			
Ser	Firmness							h	h	h	S	S	S			
	Intercourse															
	Fertile Days								F	F	F	F	F	F	F	1

Exercise 159

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date	: :														
N	/lenstruation	1111	Ш	Ш	110	900									L
Mucus	Sensation					moist		moist	u	¥	wet				
_	Appearance						discontinue de la constante de	Hick	=	whitish	elastic				
×	Position and														
Cervix	opening Firmness									h	h				
	Intercourse					X									
	Fertile Days					F	F	F	F	F	F	F	F	F	1

Cycle-no°. 31 **Temperature** taken 0 X Earliest first higher temperature reading 19 in the previous cycles 11 Minus 8 Earliest first higher temperature reading in this cycle preceded temperature shift

Cycle-no°.

3

Temperature taken

R

VX

0

Earliest first higher temperature reading in the previous cycles 13

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date		- wile	the an	63.48	taua	ANK	048.0	A# V E								L
IV	lenstruation		114		Mili	Man	040 8			_		_				-
Mucus	Sensation	al Pi	111	ole	ea	di	مو	٢	dry	Mo	dry/	مريم	Olry	dry dry	moist	
Σ	Appearance									***************************************			-	Constitution of the Consti	-	
Cervix	Position and opening															
9	Firmness															
	Intercourse															
	Fertile Days						F	F	F			-	-		-	

Cycle-no°.

1

Temperature taken

R

0 🗶

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															
N	lenstruation	Ш	Ш	III	iin										
Mucus	Sensation					1		240	itchy	teiom/	5				
Σ	Appearance							\$4444444444444444444444444444444444444	whitish	Credmy	=				
Ϋ́	Position and opening														
Cervix	Firmness														
	Intercourse														
	Fertile Days	F	F	-					_	_			_		->

Cycle-no°.

15

Temperature taken

R

0 %

Earliest first higher temperature reading in the previous cycles

13

Minus 8

05

Earliest first higher temperature reading in this cycle



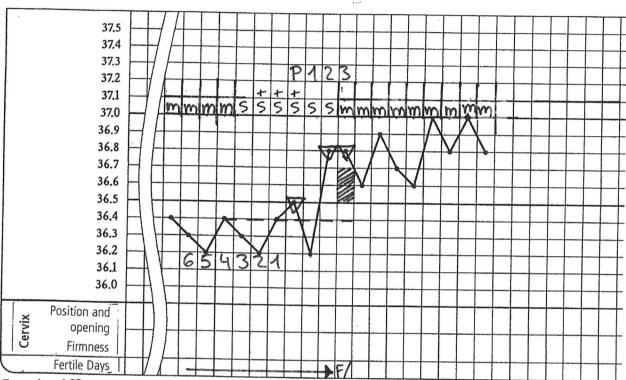
	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
N	lenstruation			M	1211										
Mucus	Sensation							240	itchy	tsiom	3				
2	Appearance						-		whitish	Credmy	=				
Cervix	Position and opening											·	,		
ē	Firmness														
	Intercourse														
	Fertile Days	F	F									-	_		-

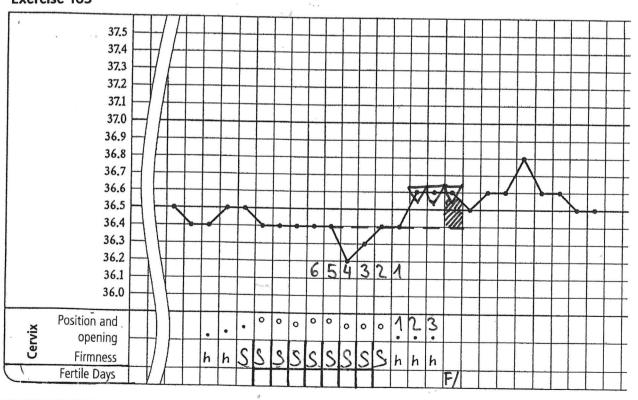
Cycle-no°.	15
_Temperature taken	R V O X
Earliest first higher temperature reading in the previous cycles	13
Minus 8	05
Earliest first higher temperature reading in this cycle	

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.

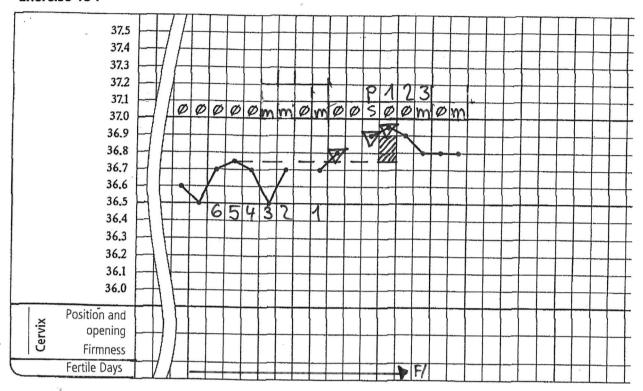


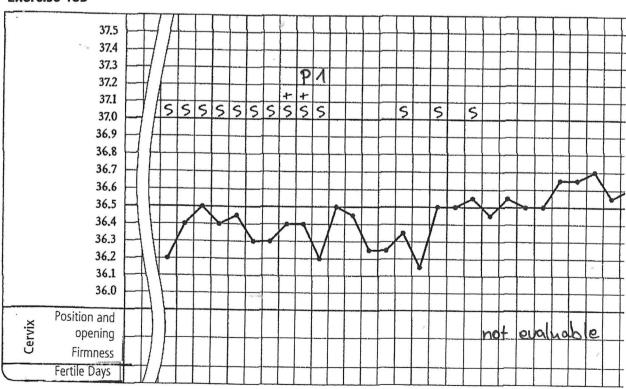






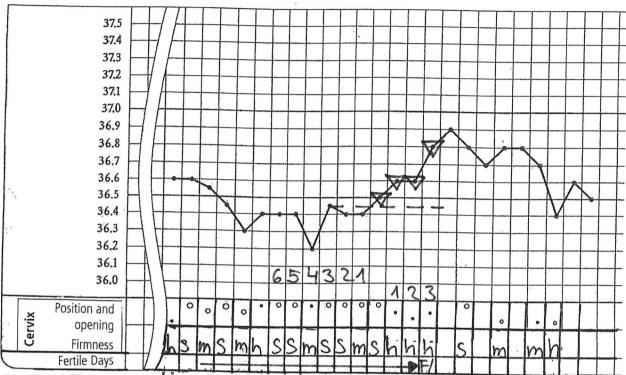




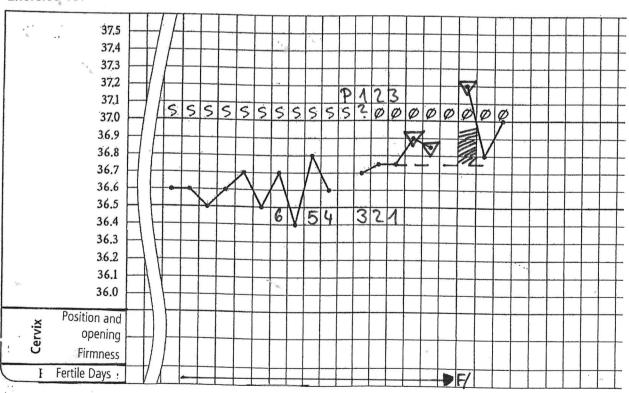




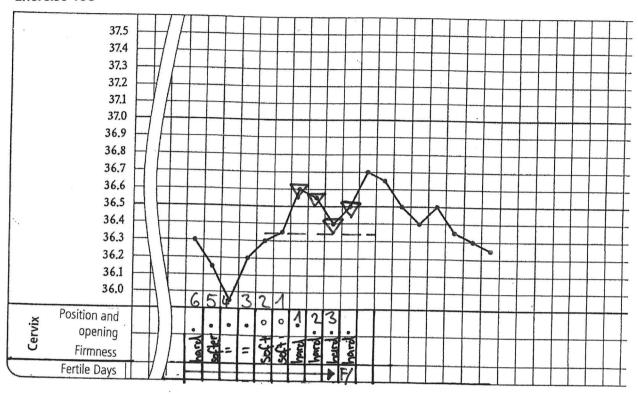




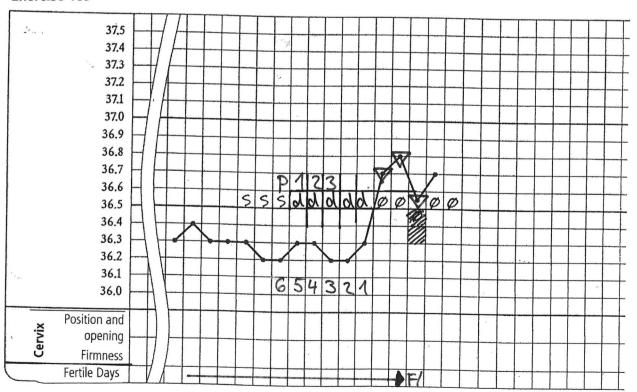
Exersice 167







Exercise 169

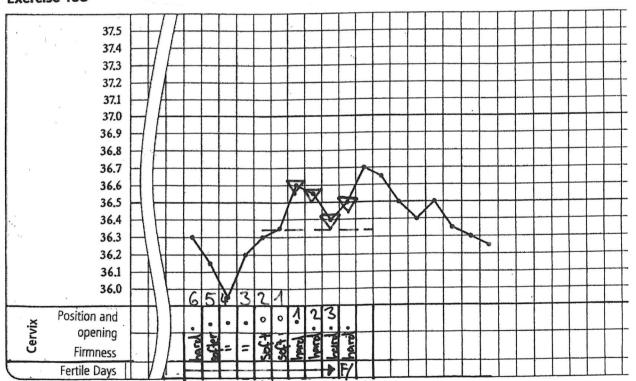




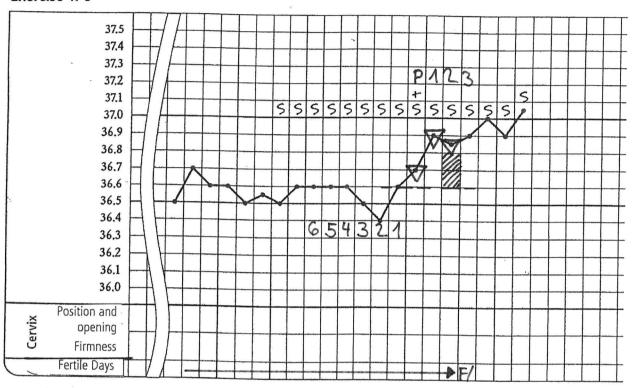
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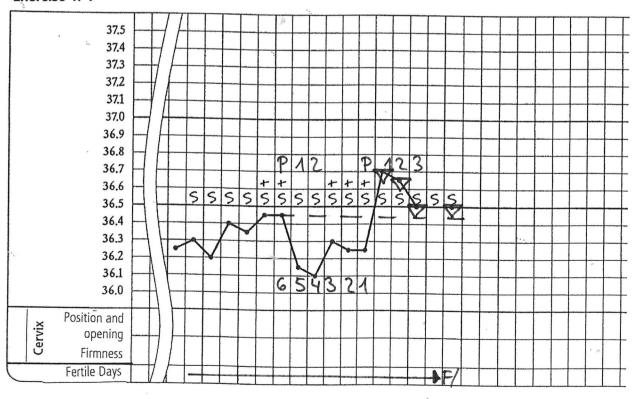


Number of mistakes	Suggestions for furhter steps
Everything right?	You can go on with the next chapter.
1-2 mistakes	Work on the next chapter till the stopover.
more than 2 mistakes	The determination of the end of the fertile period is very important. We would suggest to go intensly through the next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



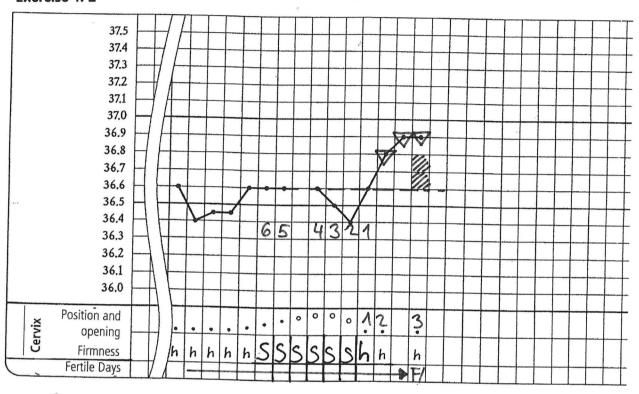


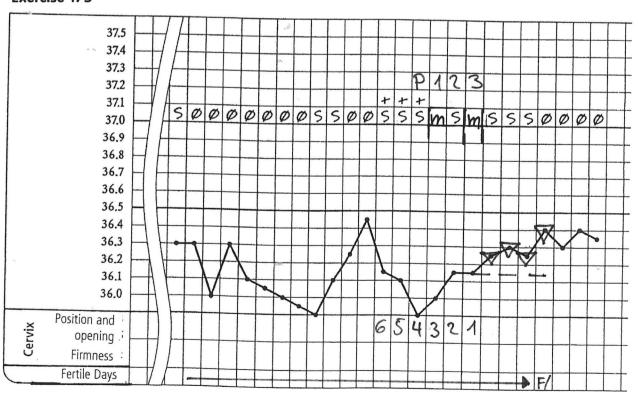






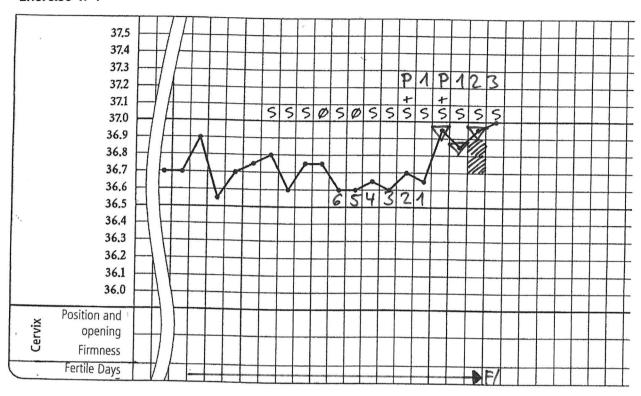


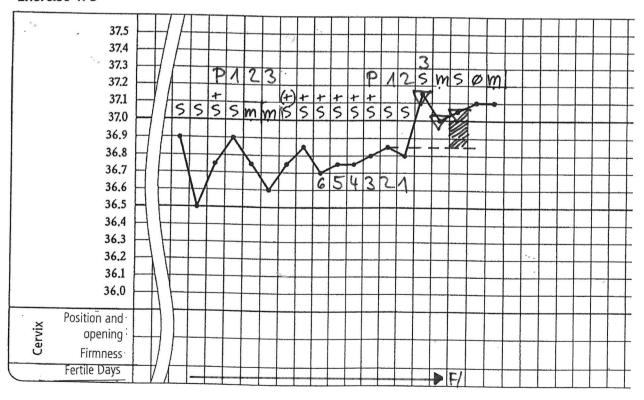






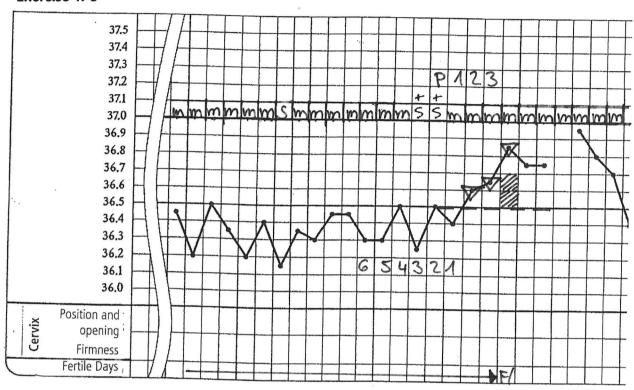


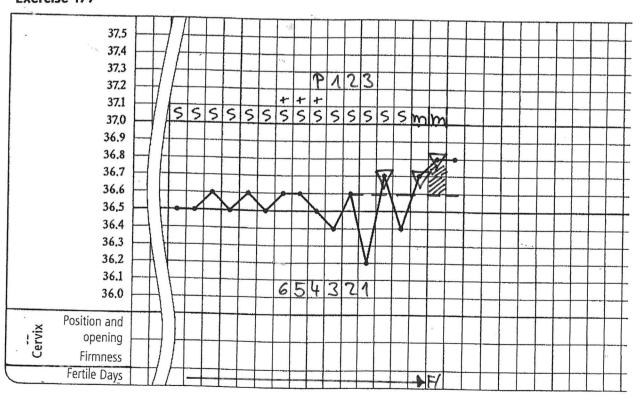






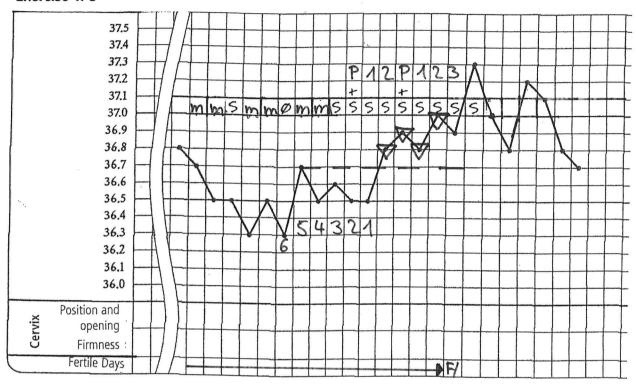


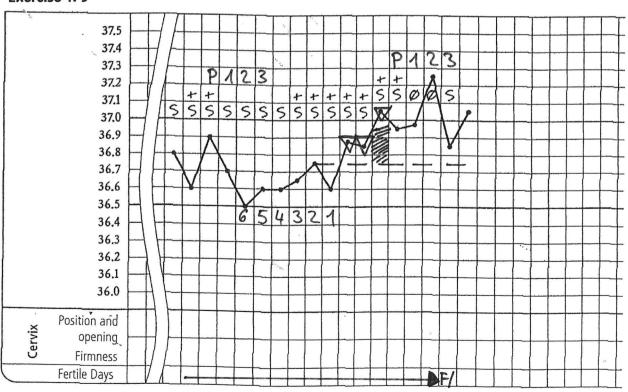






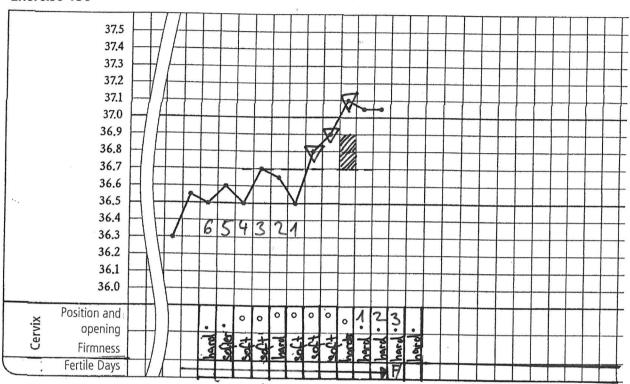


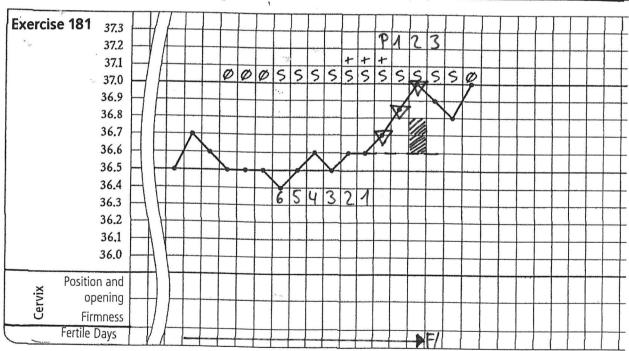








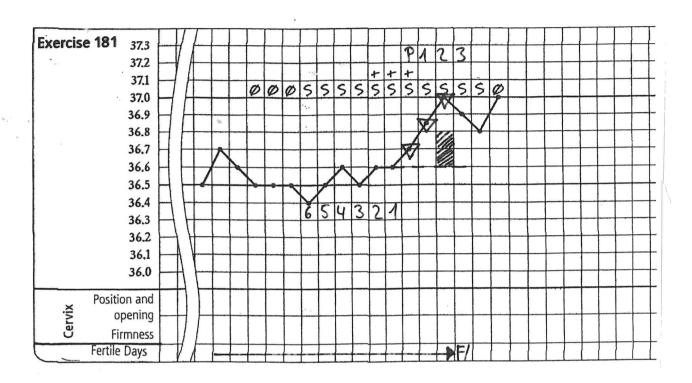




Check your interpretation in the solutions.



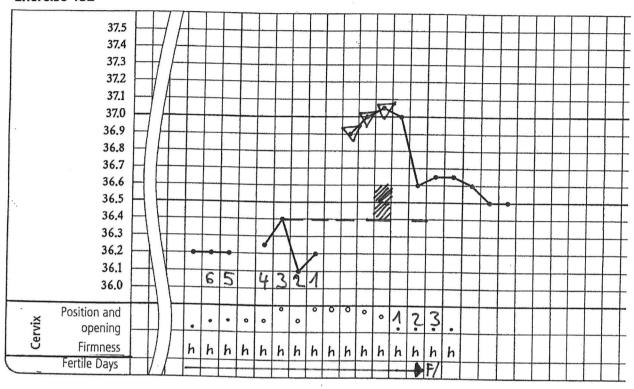


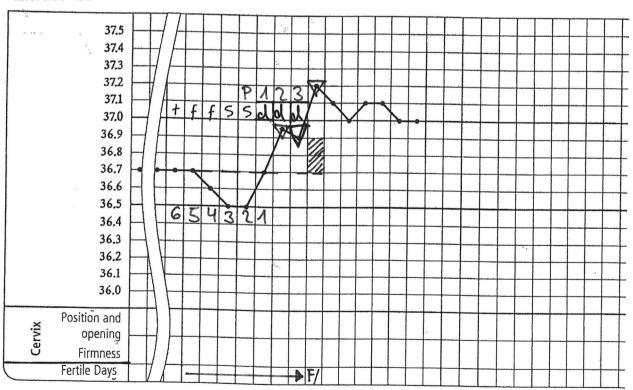


End of the fertile period Stopover

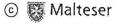
Number of mistakes in the evaluate cycles	Suggestions for further steps
0	Fantastic! You can go on with the next chapter.
1-2	Well done! Correct your evaluation and choose 6 cycles in the exercises 181-194 to work on.
Mehr als 3	For your own safety please work on the whole chapter.



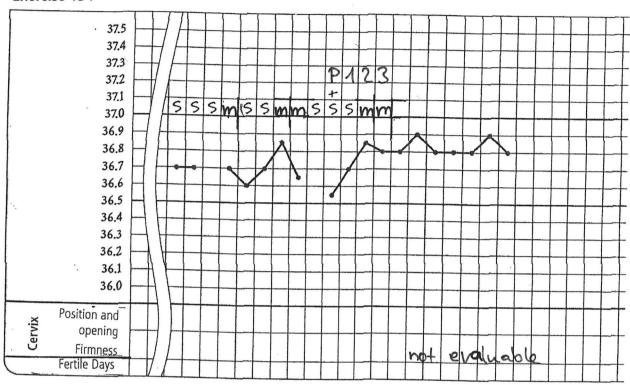


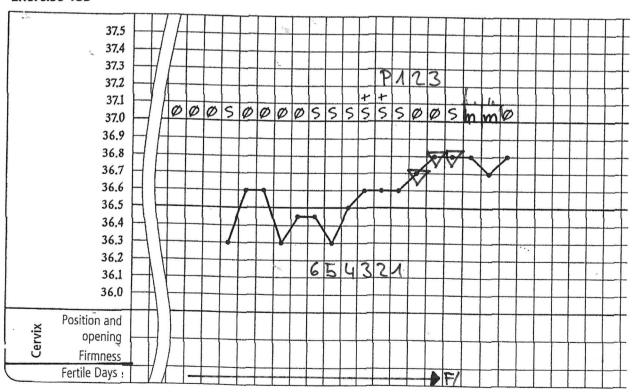






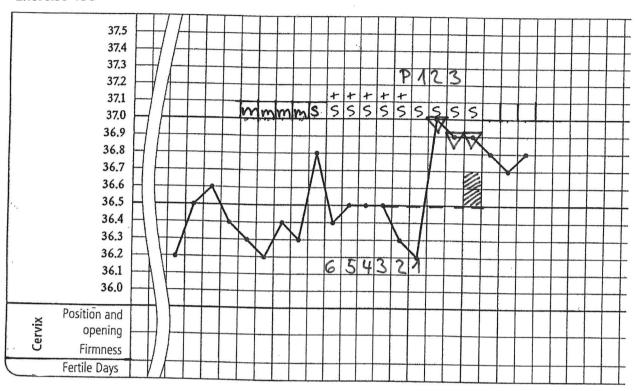


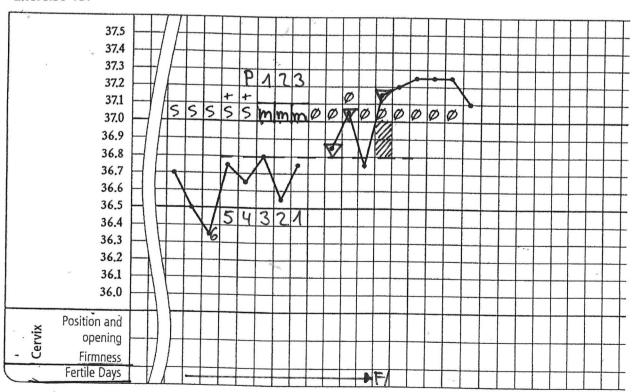






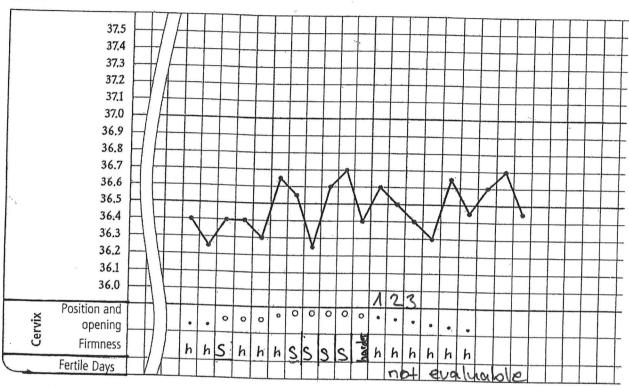


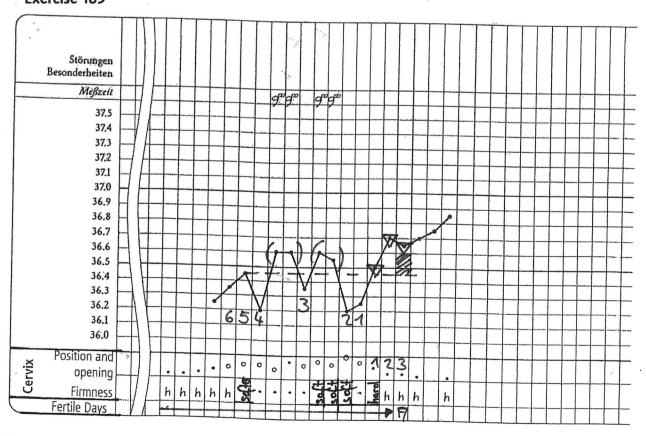






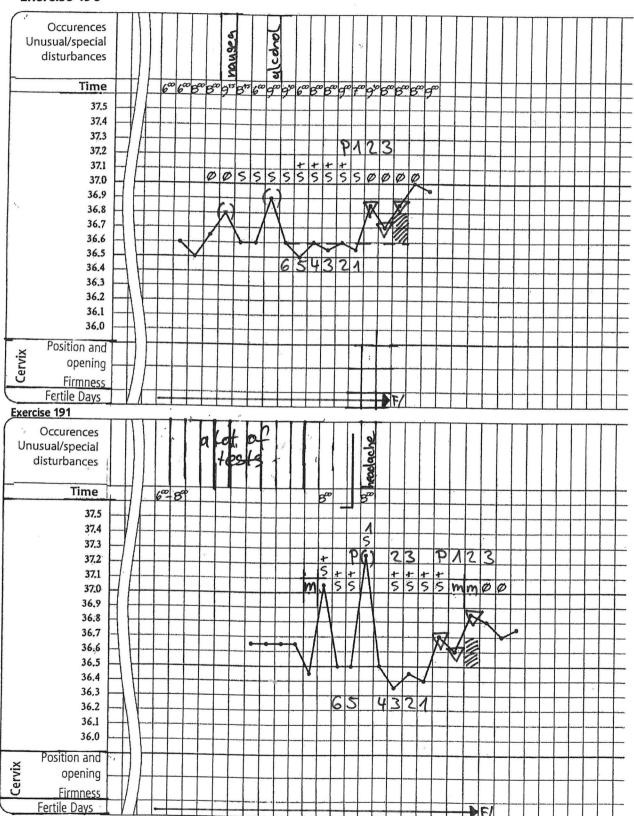






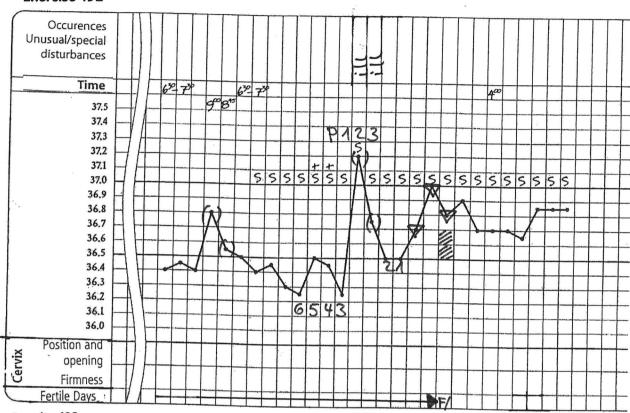


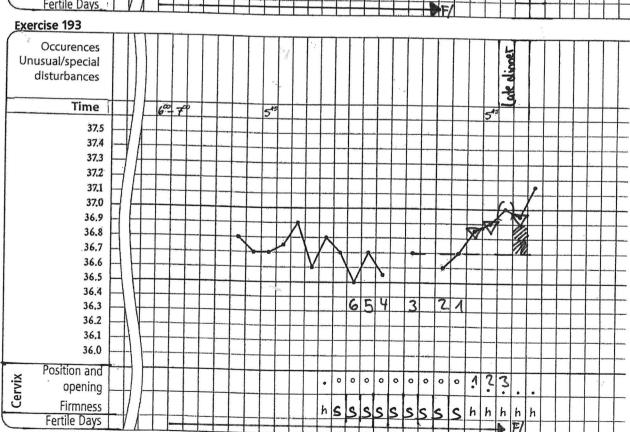








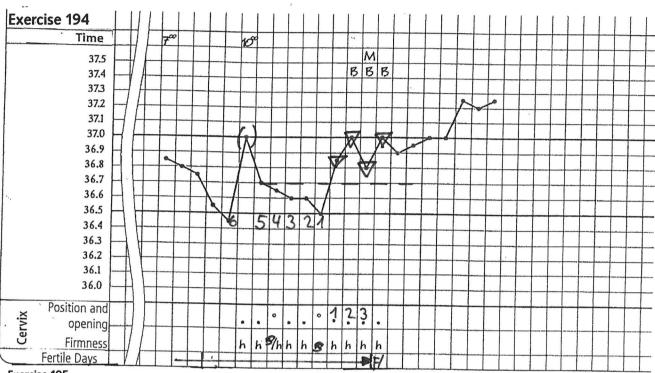


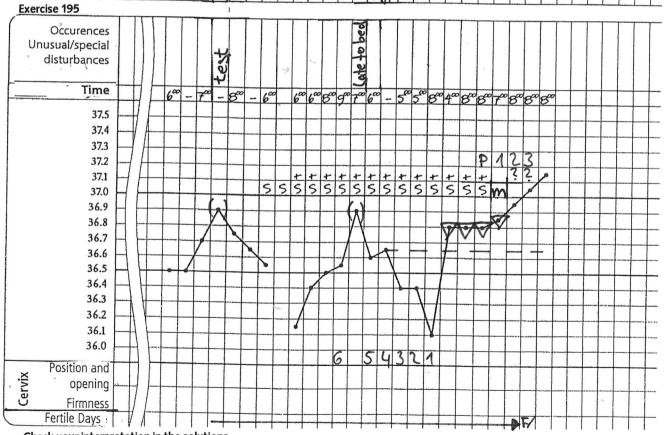




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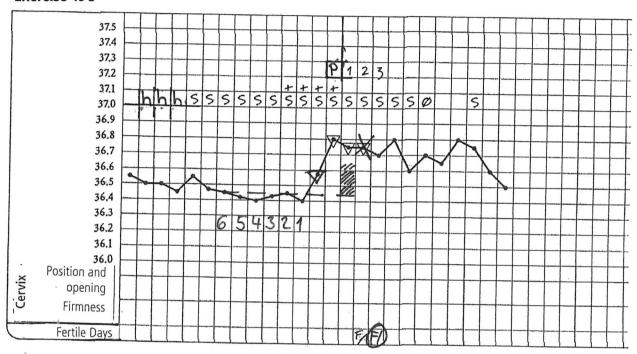


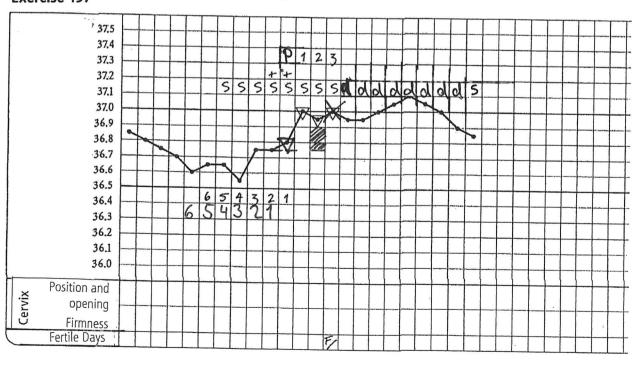






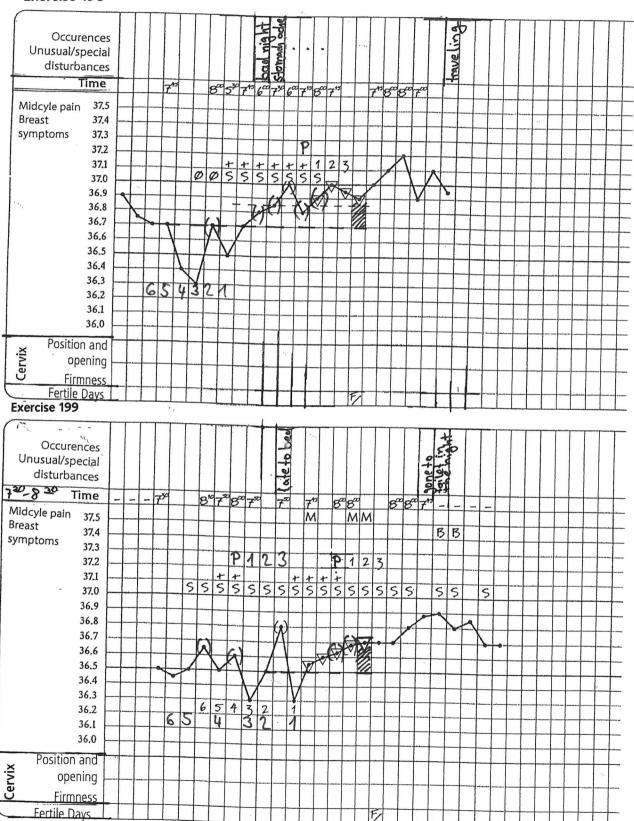




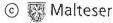






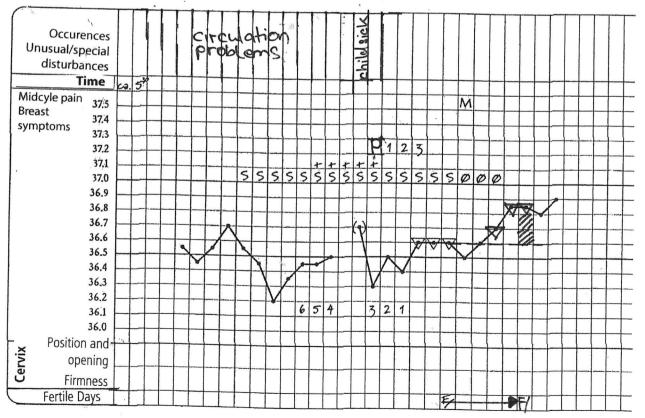






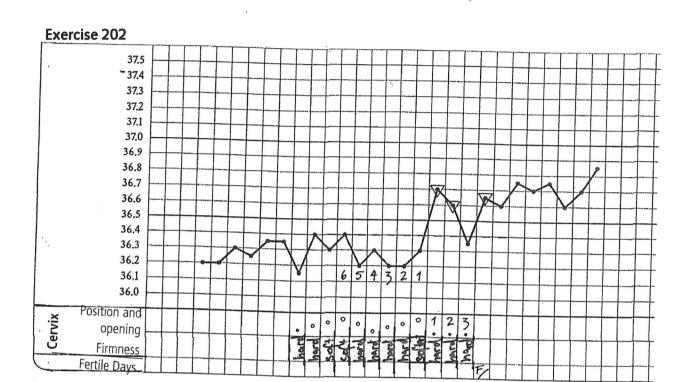


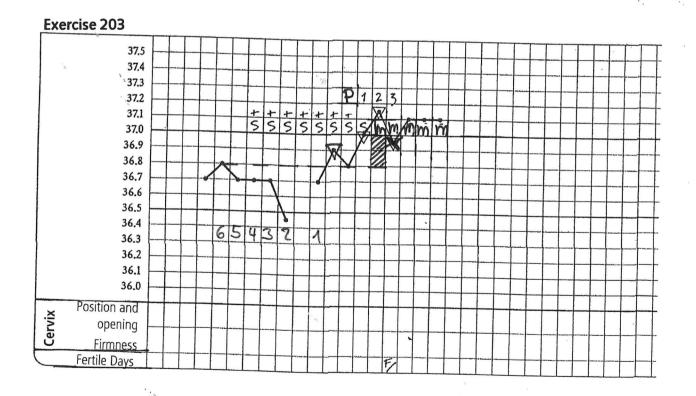






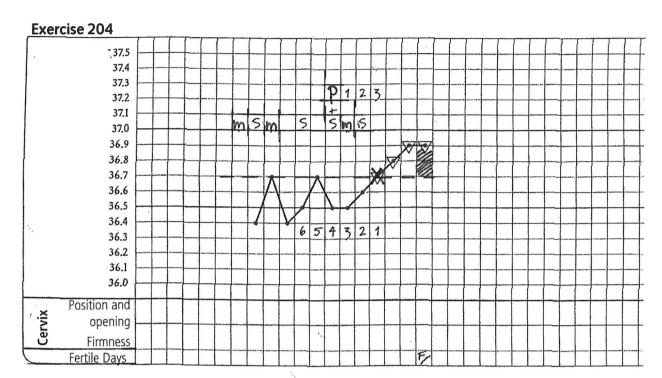


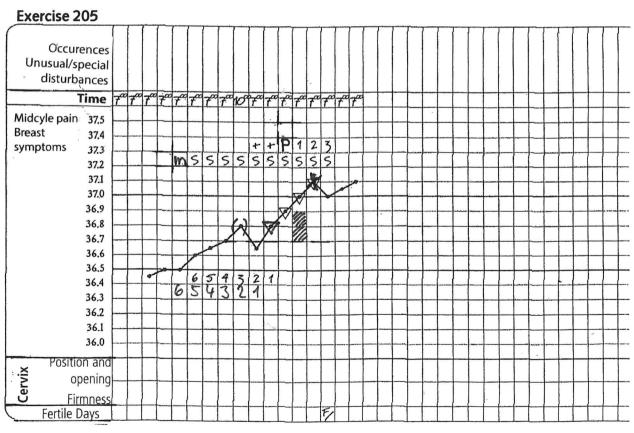






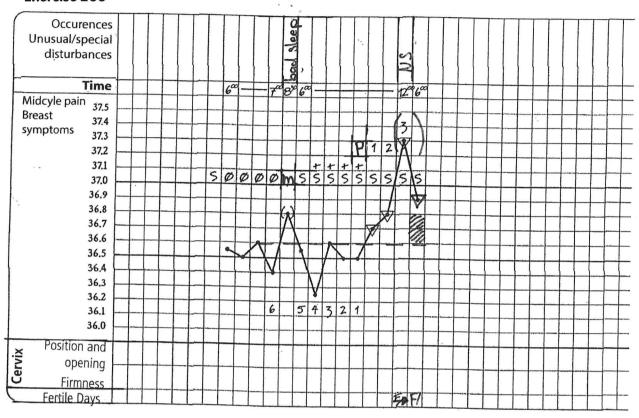






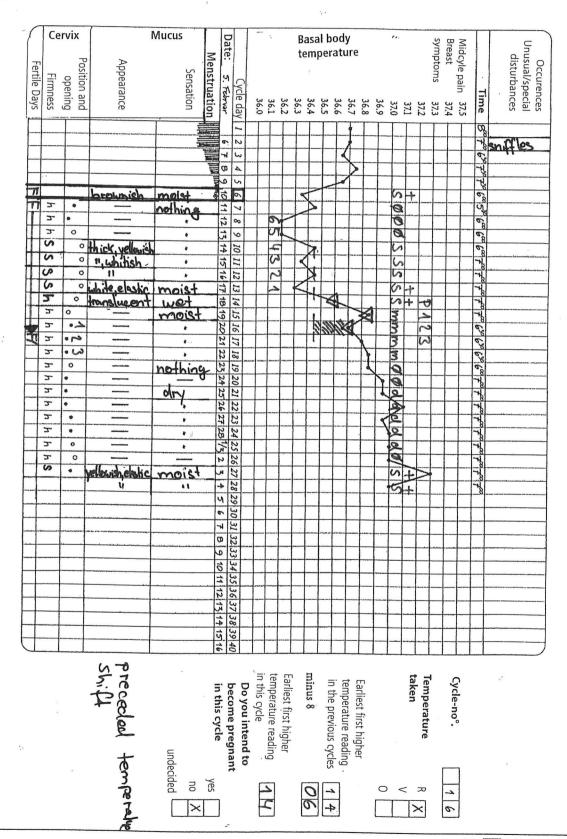












...wed Nabe zählt.

102



