Natural and safe

Exercise Book



sensiplan

Natural and safe - Exercise Book

Contents

Working with the exercise book	3
Interpretations of the cervical mucus	5
Cervical mucus abbreviations	15
Cervical mucus peak	16
Interpretation of the temperature	22
Interpretation of the cervix	52
Interpretation of the double check at the beginning of the cycle The end of the fertile	55
period	68
As experts - controlling already interpreted cykles	86
You have reached your destination!	92

sensiplan

Working with the exercise book

Choise of topics

Choose wich topic you would to start with, either the one you are most interested in or you work systematically through the program.

Personal training needs

Check first your safety in interpreting charts with the fitness tests and then read the suggestions in the solutions.

working on specific topics

Work section by section before you check your interpretation in the solutions.

Tools

pencil, sharpener, eraser

Succesful completion

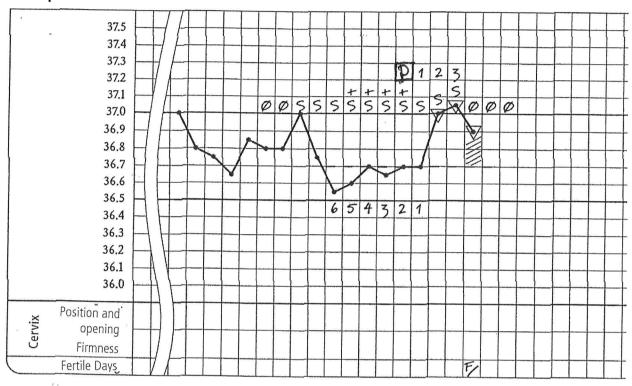
Check your new abilities with a final test.

SEMEZY LAN

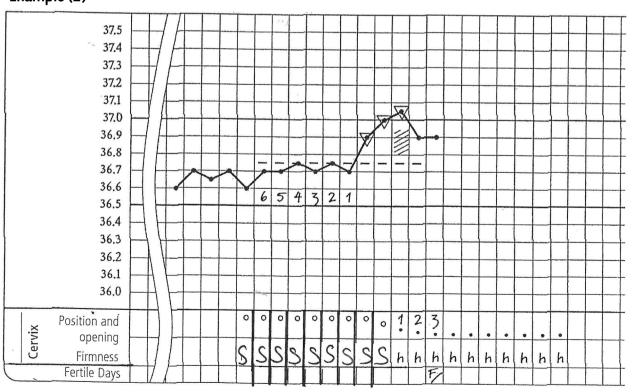


End of the fertile period

Example (1)



Example (2)





mucus observation

Exa	ample						d	d	S	Ø	(T)	5	+	+	+	ς	d	C	Ó	Ø	a	± S	Ch	Ø	O	15			,		1 100
	Cycle day	1	2	3	4	5	6	7	8	9	-	11	12	13	14	15	16	17						23			26	27	28	29	3(
Date				11771																											
N	lenstruation	M	Ш	fith	4111	a ortif	L																								
Mucus	Sensation								moist	1		moist	Smooth	11	11	moist						moist]	1							100 PM 10
M	Appearance						- Designation of the latest and the	***************************************	thick			thick	Plastic	11	11	thick		thick			-	elastic			1	thick					

Record the mucus observations above the column "cycle day".

Fitness Test

Ex	ercise 1																		, i i	.,		ž.		, A.	i i				-	20	20
	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	2/	28	29	30
Date																		_		_	_	_	-	-	-	┝	-	_	00	m	H
IV	lenstruation	Ш	MI	1111	Eath	*	ಶಿಂದ	0						_			_	<u> </u>		_	_	L	_	_	-	-	-	_	0	101	\vdash
Mucus	Sensation								moist	moist	1	=	a	1	=	-	tuot	-	moist									,			
M	Appearance									1		/dwn/	of inkinglowith	alitto elastic	Plastic	=	Strechable	=	Vom.1	Ŧ	=										

Ex	ercise 2																			276	7.1	1	1		污						
	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
Date																	_		_	_	_	_	-	-	-	\vdash	-	-		-	\neg
1	Menstruation	Ш	III	111	HH	litt	eff		_		_	_	_	-		_	_	_	_	-	-	_	-	\vdash	\vdash	+	-	-			_
Mucus	Sensation		,				orv	=	=	=	=		1	moist	=	=	=	7	=	-	T	=	7								
M	Appearance							1		1		J	I		ارمسورا			Sticky	=	=		Jan 1. 1000									



Exer	cise 3																			orași se					43.0				7		Н
	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	-	25	26	27	28	29	3(
Dat	e: Menstruation	Ш	M	IW	1110	fe no																							88		
Mucus	Sensation						nothing	mothing.	n to low	moist	moist	moist	moist	moist	+Siawa	Smooth	moist	moist	tsiow	moist	moist	· moist	moist	triom	tion	nothing	moisto	moist	fam		
Σ	Appearance								Adwing	Aphan)	Lumpy	Varma)	yours!	Lumov Crow	stick,	translycent		lumpy	Creamy	Creamy	Jungalo	olille bite last	Cheamy	LUMBY CHEM	CTCount		Lound	lumpy /creen	brownish		

E>	xercise 4																														\Box
																				,20		1.		11-	, N.	_	-	07	20	20	20
	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	21	28	29	30
Di	ate:													_	_		_	_	_	_	_	_	_	_	-		-	-			H
	Menstruation	111			111	SEri							_	_	8	_	_	-6	5	-	-	_	-	-	_	-	-	-	-		
01101	Sensation										moist	+ 1	Librication	-	Ce way	· ·	=	+ Lubricating			1	moist	12			toious	-	=			
.04	Appearance										december	700	(do	0		-	-	in the frame	" Libitiah	11 Vallaviela	1. Chitieh	alostic il his	L. L. Lich	10 maich		a rollar viele	3 =	-			- American

i	Exer	cise 5											-	ng pro- collection							. 3		į.	7	رُحْرُ	â, i			-	20	20	
[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	2/	28	29	30
D	ate: Mei	nstruation	4891	27.61		M	111	4801	ge (00																AS	0					
	Mucus	Sensation	now lot										1: HIS MANT					maist				origination of		727	5							
		Appearance	Manager Handle	Liberti,	NOOGIG						Lanne Malataid	Land of the work	The County of the	of 16104 trimens	Sections about	Jan plactin	Lange Stoke	alsonle of the	etrotable travelle	The Mark Street	of nogh all lo	- STATESTANDIA			1 162	STATE OF THE WAY	ולישטוים יו ביונישטו					



Did you know?- more exercises

Exe	rcise 7	Г	Ė	Г	<u> </u>	1	1							_											1	Τ						<u> </u>	<u> </u>				 		_	Г	Г
	6.1.1																		Ŀ	2 "		ž.	1	<i>j</i>	1																
	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		L.,		L		_	<u></u>													L				L					L				L								
L M	lenstruation	III	H)A	Ш		1800	ture	1																																	
Mucus	Sensation							240	dry	No	ıı	W.		11	15	11	h	17	11	=	11	-	h	-	=	moist		tsion.	of to	250	111	=									
2	Appearance																																								

Exer	cise 8	Γ	-	T	Ť	T	T	1						П			T	<u> </u>	*****	Ť				1	T	ľ	Ė				1	Γ	1	Г	1	T		<u> </u>			П
	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		26	27	28	29	30	31	32	33	34	35	36	37	38	30	40
Date		Ť	一	1	+	+	Ť	Ė	۲	-	-	Ë			i i	1.0	-	Ë		1.2		-	-	-	-			-	-		150	13.	1	133	3-,	33	30	5,	-	33	70
N	lenstruation			VII	1111																			T						111								\vdash			\Box
Mucus	Sensation						1	triom		5	h	li	11	11	=	moist	moist	=	=	moist	=	=	=	11	1.	=	5	=	=												
	Appearance							thick	11	11	1		thick	11	11					elastic		!																			



Did you know?

		_	_	-			_	_	_		_	-	-	-	-			-	-	-	+	+	-	+	-	-		-	-		1	1	-	-	-	-	-	-	_			_
Exe	ercise 9	-	\vdash	_	\vdash	\vdash	-	H				_	_		_	-	-	-		2		3						-		_		L	-	\vdash	-	\vdash	\vdash	\vdash	+	+	+	\dashv
107	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	3 3	9 4	0
Date						Τ												Г																	Γ			T	T	T		٦
N	Vienstruation	41	III	III		\$150	1																							III												7
Mucus	Sensation							olev	alry	k molst	wet	wet	too!	moist	moist	770						moist					1	+3:000	r vet													
2	Appearance									velbuish, thic	Lumpi	elastib		velbuigh										-		I			translucer-													

Exe	ercise 10	F	Ė		F		F	Ė												12.		1		1.0		1	1	+	1	1	+	Ŧ	+	+	7	-	1					П
	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	2 23	3 24	4 2	5 2	5 2	7 2	3 2	9 3	3	1 3	2 3	3 3	34	35	36	37	38	39	40
Date	•	1.						Т						Γ																			I	T							ı	
M	lenstruation	111	M	M			511	1																				Ι		I				I								
Mucus	Sensation							nothing	nothing	moist	וו	eleastic	ton	prior	15,000		nothing	0 =	1																							
Δ	Appearance							Vollarieh	vellavish	Vellowish	sticky obstic	whitish	Ly High	CTPOST	John Ou	Sticke	Vollariel	11	7																							

Exer	cise 11	Ė														F			<u> </u>	-	-	-	1	1		·							F	F	-	F	+	+	1	7	1		
	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	2	1 2	2 2	23	•	25	26	27	28	29	30	31	32	33	34	1 3	5 3	6 3	37	38	39	40
Date	2:																						Τ											Γ									
I	lenstruation				M)	(hara																														L							
Mucus	Sensation						thiom) >	moist	11	=	moist	tsion.	=	=	moist	moist		1																								
	Appearance						Lamor	1 = 1	+hick	=	- Action	=	CTBChmil	=	whitigh	Creen		-						•																			



Did you know?

Exe	ercise 12		F	F	-	-	F									F		F		7.	-	1		-	1		7	1	3	-					F	F	-	F	Ŧ	1	7	4	4
1:67	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	2 23	3 2	4 2	5 2	6	27	28	29	30	31	32	33	34	35	3	5 3	7 3	88	39	40
Date		Γ.				Т	Т	Τ				Γ	Г	Г	Γ	Τ								T	T		T	1		\neg		_		Г		T	T	T	1	T	7		\neg
N	1enstruation	III			Mi	1000	•	Γ								Τ		Т	Г	Т			T	T	T	\top		7	7	7						T		T	T	\dagger	1	\neg	\neg
Mucus	Sensation						1	moist	11	11	=	11		1.	=	=	7	1	=	=		12	1	=																			
2	Appearance							+hick		11	1)	11	=	-	=	E	plactic	thick	=	e lastin	11	=	A.ick	1																			

Exer	rcise 13	F	Ė		F	-	F	Ė								F				2 -			,	-	ļ.,.	-	-	F		-	-	-	F	F	F						F
	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							T	Γ																	Γ							Г		Γ	Γ	T				Γ.	
N	/lenstruation	111		11	111	1 110	694-	1																			Т	Г		Г		Г	Π	T							
Mucus	Sensation							maist	moist	moist	moist	moist	moist	+Slow	moist	moist	moist	moist	ton	100	100.77	ton	1. heirahin	b trimer	Z					-											
2	Appearance										Jamos	Varmal	Varaw 1	Lumby	lumid,	yawn	No. Cari	AGCW17	Observe	olastin	trans want	translunent	Lianild.																		

Exer	cise 14	F	Ė	-		F	F								L	F			<u> </u>	-		-		14	l'ay	-													_		Н
	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	-			26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Date				1.						Г								Г	Γ								Г														П
IV	lenstruation		M	IIII									Г						Г						T																П
Mucus	Sensation				200	=======================================	13	7	ت	moist	11	740	111	wet	ofer	- 11	1	=																							
	Appearance										thick			translineent									,																		

Exe	ercise 15		F	Ŧ	7	-					F		F	F	1	7	7	7		_		1 .			ļ,	F	1.	1	1	7	7	1	4	_					L		L	L	L	П
	Cycle day	1	2	:	3	4	5	6	7	8	9	10	11	12	1 1 2	1	4 1	5	16	17	18		20	1	22	223	3 2	4 2	5 2	6 2	7/2	8	29	30	31	32	33	34	35	36	37	38	30	40
Dat	e:	1	Γ		T					T				T	T	t	+	1						-	-	-	F	+	Ŧ	+	1	+	+		٠.	-		-	133	130	137	130	133	70
1	Menstruation	III	M	M	W											T	1	7							T	T	\dagger	\dagger	T	1	\dagger	+	7			_	-	t	\vdash	\vdash	┢	\vdash	+	Н
Mucus	Sensation									tsiam	7	=	د					-	-																									
	Appearance									1	1	1	Lumby	- "	1	=	= =	-	translucent	sticky	†																							

Exe	ercise 16		Ė		T	T									Γ		Τ	T		1		\vdash	T	1	1	\top	+	7	1		_				<u> </u>	1	1		1		Т	T	٦
																						Ĵ.	1	133											Γ		T					十	٦
	Cycle day	1	2	3	4	- 5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	2:	2 23	3 2	4 2:	5 2	26	27	28	29	30	31	32	33	34	35	36	37	38	39	9 4	Ю
Date		L																					Г		Τ	T	T	Т							T		Π			Г	T	T	٦
_ N	lenstruation	m			llu	1 000	1										Π	Т	Г	T					T	\top	\top	1	W	\neg											-	+	7
Mucus	Sensation							740		moist	11	η.	=	=	~	11	11	=	2450	-																							
2	Appearance								1	Vomal	elastic/	N	=	Lumby		=																											

Exer	rcise 17	Ė																		- :		-			la,	-	Ė	Ŧ	1	1	1	-				F	F	1	1	1			\exists
	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	5 2	72	8 2	29 :	30	31	32	33	34	35	36	5 3	7 3	38	39	40
Date						Г																			T	T	T	+	\top	十	7					\vdash		†	†	+	+		
N	lenstruation	III	M	M	M	110	1080											Г							11		T	T	\dagger	\dagger	+	\neg			H	\vdash	†	†	+	\dagger	+	7	\dashv
Mucus	Sensation							moist	=	11	Lubricating	4	7		wet.	11	11	moist	=	tou.	tsiou	11	=	1.104																			
N.	Appearance							vellowish	6 reamy	translucent	egg white	Lighted	=,	=======================================	CHERMY, Whitish	, /"	Į,	7	Ņ	11	7	.F		11																			

Check your interpretation in the solutions and read the suggestions for further steps.

The mucus peak

	mple Cycle day	1	2	3	4	-	Ø	ø	ø	ø	Ø	Ø	f	13	14	S 15	+ 5	+ 3	P + S 18	S	2 S 20	S	S 22	<u>S</u>		d 25	Ø 26	Ø 27	Ø 28	Ø 29	30
Date N	: lenstruation	111	Ш	111		110	-				_	-		-										_							-
Mucus	Sensation						nothing	0 =	11	1,	5		moist			wet	= = = = = = = = = = = = = = = = = = = =	ı	moist	moist	h	7	nothing	nothing	nothing	nothing	n 0	=		IJ	of the community of the
2	Appearance						nothing	=	7	5	11	ני	11	•		plastic	translucent electic	h, h), N	Vellowish, Shicky	velouish, Sticky	, , 11	vellowish, shicky	vellowish	mothing.	nothing		ม	17	צ	11 (A)

											- 1									14.				1.50	100						
	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
Date:																															Ш
Me	nstruation																		L		L		_			_		_			Щ
Mucus	Sensation																														
	Appearance																														-

	ì					-																		<u> </u>	-		t				
																				77	g .	1	7		1						
	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
Date:																	_		_		_	_	-	_	-	-	\vdash	┝	\vdash		\vdash
Me	nstruation								_	_							_	_	_	_	_	_	-	-	-	┝	\vdash	╀	-	_	-
Mucus	Sensation		,																												
	Appearance																														

Exe	rcise 18		L		Γ	Ι	Γ				П				Г	Τ		Г	T	Τ	1	1	T	T	7	\top	T	1	-		_	Г		Т	Т	T	\top	7	1	\neg	- 40.		\neg
I.a	Cycle day	1	2	3	4	-	6	7	0	_	10	11	12	12	1.4	15	1	477		-			. 1	. 174										上	I	I	1	1					
Date	<u>:</u>	1			\vdash	T		/	8	9	10	11	12	13	14	15	16	17	18	19	20) 21	1 2	2 2	3 2	4 2	5 2	26	27	28	29	30	31	32	: 33	34	1 35	5 3	36	37	38	39	40
IV	lenstruation	10	111		lte	1111																	T		1	1	1							\vdash	\vdash	\dagger	t	\dagger	+	1	\exists	\exists	\dashv
Mucus	Sensation ·						dry	dry	mothing	moist	11	h		ton.	(jamid	7.7	tsigm			240	- =							-	-														
	Appearance										murky	whitish	translucent	elastic	•	reddish	reddish					1			1	न विश्वसाद																	

Exe	ercise 19		Ė		1				П	7	7	7		1	_							_	_								1	<u></u>	1		1	<u> </u>	_	 			_
																				2 "		7.00	,	,i.,	14.									T	\vdash			-			-
	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											\neg	\neg	T												Г																\dashv
1	Menstruation	III		III	1111																				Г						M	Г		\vdash				-		٠	\dashv
Mucus	Sensation					dry	د		moist	7	7	5	=	met	Ξ	11	pan	moist			moist			OF	-11	5	11	ı,	11	1.1											
	Appearance								creamy	=	Sticky	creamy	-	elastic		11	CIComy		CFERMIN.	7	sticky	-]		-																	

Exer	rcise 20		Ė													F	Ë	-					L	F		F	Ė		ļ	F			I			T	İ	1	_	L	T	7
Date	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		26	27	28	29	30	31	32	33	34	35	36	37	38	39	9 4	0
		M	M	111	un	list																	\vdash	-	+	+	+	+	-	H	\vdash	-	╁	H	H	\vdash	\vdash	\vdash	+	-	+	+
Mucus	Sensation						ohry	ohry	dry	AL/O	+8,0m	moist	- moist	wet	wet	molst	MOHNING	O ₁																								
	Appearance						•				#ick	thick	translucent	eop white	Egg white	Othick	-	-																								

ì

Exe	rcise 21	F			F	F	F	-	F			F					F		F	2 .	<u> </u>		,		ļ.	F						L	-	F	F	F	F	Ŧ	1		7	7
	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	3/3/	35	36	5 3	7 3	8 3	9 4	10
Date					Г				Г										Г	T					\vdash			Г					\vdash	T	T	T	T	1	1	\top	\top	7
IV	lenstruation	111	III	III	III	1 800	00	1														Г		\vdash		T	Г	Г			Г	Г	\vdash	\vdash	T	\dagger	\dagger	+	t	+	\dagger	\dashv
Mucus	Sensation]]	Let	valuest oby		moist		Luet	wet	moist	=	nothing	1	h]	7		nothing	0 =	2	וו	7	Mp	olry												
	Appearance								franslucent	murky cream		yelbwish, elashi	streehable	T	strechable	lumpy, velland		-	×	5	5	5		nothing	٥ ٢	vellowish, sticky	7	7	nothing	brownigh												

Exe	ercise 22		Ė			T	T	İ										Γ				\vdash		1		1	1	\vdash	T		Τ	T		T	1	T	T		_		П
	C. I. I.																			2.		į.	,	<i>j</i> ė.	13.																
-	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	1 25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
Date		L			L.,																																			Ι.	
N	lenstruation	M	IM	M	Ш	lin	1100		904											Γ	Г	Г	П		T	Τ		Т				Г		T				Г		Ť	П
Mucus	Sensation										moist	11.	=	12	11	Z			=	7	=	1	monich	4	5	Ç	5														
2	Appearance											Mynpy	Whitigh		whitish	17	whitish, elastic			1	vollowish. Hicky	-	a vollawich	whitich	1	-	=														

Exe	rcise 23																						L	T	1	1								T	T		L	1	1	1	1		\exists
Γ.	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	2 23		4 2	25	26	27	28	29	30	31	32	33	34	1 35	36	5 3	7 3	88	39	40
Date	:						П									Г	Г							\top	1	\top	7						T		T	T	\dagger	†	\dagger	十	7	\exists	٦
M	lenstruation	IIII	III		IIII	12.00												Г			111		T	1	T	\top	7								T	T	T	T	\dagger	十	\dagger	7	\dashv
Mucus	Sensation			,			moist	=	11		moist	11	-	I	moist	=		very moist	to iou																								
	Appearance							whitish		whitishicrom	" Lumpy	1,11	1	creamy	- 17	Lumov	-	Sticky, clostic	whitish	1	brownish bloody																						

ì

Exer	rcise 24			F			F													2	<u> </u>			14				F									-	<u> </u>			Н
	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		<u>L</u>	_	L.,	_	L																																			
IV	/lenstruation	III	\mathbb{M}		lite											L																									
Mucus	Sensation						1	yarma)	1		Lubricating	=	74																												
2	Appearance						reclotish	reclaish	whitish		translucent	translucent, chari	וו וו	11 11															38												

;

Exe	rcise 25	F	Ė	F	F	F	F	Ė	F				F	-						2 .		j	,	j.,			-	-	F	-	F	F	F	F	-	F			F	F	Ŧ	7
	Cycle day	1	2	3	4	- 5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	2 23			26	2	7 28	29	30	31	32	33	34	35	36	37	38	3	9 4	0
Date					Ī.,		Ι.	Ι.																T		T		Γ												Τ.	Ι	
V	Menstruation	III					[N	1000							Γ		Π						Γ		Τ	Т				T				T				Γ		T	T	7
Mucus	Sensation								moist	4 1				4	400	7	Ξ	moist	1		=	11	=																			
Δ	Appearance									J		-			12.4.4.	translucion	VGOT II	1 / 11	translucent	whitigh	١,	7	11																			

Exe	rcise 26	Ë	i.	-		-			F								<u> </u>		<u> </u>			-	-	ļ.,	1			-	-	-		F	F					F	F	F	Ŧ	7
	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	2 23	24	1 25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	9 41	0
Date		L.	L.															_											_]				
N	lenstruation	W	MII		Ш	111	4110	1											Γ	Τ			Γ		T		Γ			i										T	T	7
Mucus	Sensation		٠	,					moist	moist	moist	wet	wet	wet	net	1064	to inco	1	=	=	=	=	=			tol one		moist	_													
	Appearance								whiteh crowny	whiteh, I uma	whitish, c reany	11 11	n n	whitish liamich	ereamy	Creamy	whitishichery	r z		2	amount	Crewny	channel a			of Land		whitish Creamy	1													

`

E>	kercise 27							L																																	
1.00	Cycle day	1	2	3	4	-	6	7		-	100	111	13	12	1.4	2.5	26	1 7				3.4		74		_		_		L	_		_	_							
Da	ate:	-	12	3	14	13	P	+	18	9	10	111	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
			M	III	III	1111	1111	1 620	1		\vdash														-	\vdash	-			\vdash	\vdash	\vdash	-	\vdash	-		-		H		H
Mucus	Sensation								milit	moist	moist	moist	moist	moist	moist			smooth	7	smooth	moist	tout.	רו	moist	+am	west			Moist		t, act	12/2	3								***************************************
2	Appearance												whitish, Lung		creamy	7		e lastic	(jouriel	whitish	UN: Fish	elastic	whitish	whitish	liguid	creamy		whitish	Creamy		Creamy	with blood	e lashic								

Ever	cise 28		Τ.	T	7	-	-		Ė		Τ	T	T	T	Г	1	T		Τ	1	Г		Н			Н		1	_			1	1	T	+	+	+	+	7	7			
LXCI				T	\top										\vdash		T	T			2 "		3.	1	ji.,	:::				\vdash	T	T	T	T	T	T	†	\dagger	7	\exists	_		
	Cycle day	1	2	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	2 33	3 3	4 3	5 3	36	37	38	39	40
Date	:	T	Γ		Т						П		Г		Π	Γ	T	Т											Г		Г	Т		\top	1	T	T	T	\exists				
IV	lenstruation	Ш			1191	11.0																											III		T	T	T	T	7			٠	
Mucus	Sensation	,							moist	11	10	2	A .	Lock	11	5	Н	11	moist	=	n	M	11	ll	נ	11	17	1	H	17	Minter	0 1											
M	Appearance										not streemable	=		(iko ogs white	Ri	translungst	1	liko pag white	3	like egg white	ווסח	Creamy	1 11	whitigh	" . rellowish	11 1 1	11	nothing	0 7	11	11	=											

Exe	rcise 29	Ė	Ė	-	F	1		-	F							F	Ë	<u> </u>				<u> </u>	L	L		1		L	1	F	-	F	F	F	L	F			F		
	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	3 39	40
Date	: :					T	T	Т	Γ					П			Г		Г		Γ			Г	T	\top	T			T			\top	\vdash	\vdash	T	\vdash	\vdash	T	T	П
N	/lenstruation	M	M			litu	1 1800												Г			Г	Г				1	T	111		T			T				T	T	T	П
Mucus	Sensation							mathing	0 :	s	moist	11	h	moist	moist	twent	net	11	moist		=	nothing	0 11	11	=		•														
	Appearance							nothing		11	11	11	=	a little bit Mucas	alille bit mucus	translucent	translucent	17	Wellowish	aliHle but man	•	mothing	0,	=	=																

ì

Exe	rcise 30						L							I	I	I	I	I	I				I	I	I								I		T				Γ.	Τ	
(°	Cycle day	1	2	3	4	. 5	6	7	8	9	10	11	12	2 13	14	1 15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	30	40
Dat	e:	\top				T	T	+	Ī		-		-	-	1	1		1	-	1	-	-	1	-	-	=		-	1	-	130	3.	1	-	137	133	130	3,	130	133	70
	Menstruation			Illi	110	1										I						T									Г				1						
Mucus	Sensation ·							Preist	moist	moist	moist	moist	to soint	ryoist	4	401	moist	11	17	wet	maich	11	mise	47,000	toos	cuet	moist	moist	moist	moist	moist	TY JULY	moist								
X	Appearance							whitish	thick, chitish	hiksh	murky	murky	Plastic transline	whitish		lianie	plashe, chiriah	11	ت	Creamy, whitigh	creamy whilish	whiteh	Uhi Hish	hs.H.Mu	liamich in high	(iguid, whitish	,41	whitish					7								

Caution! Final result!

The resolutions and further learning steps are in the solutions

Exercise 31

Additional exercises and tips learning the cervical mucus abbreviations

- a) Name at least ten descriptions for the appearance of the cervical mucus type s
- b) Name at least 6 descriptions for the appearance of s- type mucus
- c) Name at least 8 descriptions for appearance of s type mucus
- d) Name all criteria for the d- type mucus
- e) What conditions are required for the f-type mucus?
- f) Which distinction is between t and Ø?

You will find the resolution in the solutions.



Determine the mucus peaks in the following exercises.

Exercise 32

Exercises Day of the mucus peak

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

Exercise 33
ddm 5 5 5 5 5 5 5 0 0 0
Exercise 34
0 d d 5 5 5 5 5 m d 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Exercise 35
dd:0m555555m00
Exercise 36
SSSSSSSMMSM
Exercise 37
00555555555555555555555555555555555555

Check your cervical mucus peaks in the solutions and read the suggestions for further steps.

Exercise 38
Exercise 39
+ + + +
Exercise 40
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Exercise 41
d 0 0 m m 5 5 5 5 5 5 5 5 m 0 0 0
Exercise 42
addaddaddssaddmsssddd
Exercise 43
Exercise 44
Exercise 45
00m0mmossssss 00m

Attention! Half-time!

Check your interpretations in the solutions and read the suggestions for further steps.

Determine the mucus obeservations and the mucus peak.

Exe	ercise 46		L														L	I	L	I	T	1	1											Γ		I	Ι	Ι	Ι	Ī	I	
Les	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	115	3 19	12	0 2		<u></u>	24	25	26	27	20	20	30	21	22	22	24	125	126	2-	7 20	0 2	10/	10
Dat		Ė	Ē	-	Ė	-	Ť	ŕ		-	1.0	··		1.5	-	1.3	1	11	1	113	1	.0 2	7	 23	24	23	20	21	20	23	30	31	32	33	134	133	130	13/	130	7	914	-
	Menstruation	111				W	III	1000	1											T	T	\top	1				Γ		\vdash		T		T	T	T	T	T	\dagger	†	\dagger	\dagger	7
Mucus	Sensation								dry	111	moist	ı.	Λ	2	=	JUN			to mich	I II	140	ONLA				1	σl	,0	مر	3			moid	1017	11	z	moist					
2	Appearance												1												- 1	di ne		(C)			n le		Cacount	transluhent	11	Olashir	whitigh					

Exe	rcise 47		Ė		T	T					-							Γ								1	1						T	+		1	T	1	<u> </u>	Г	П
							Γ													2.	Г	1		<i>ji</i> .									T								
	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	:					Т	Γ													Г									Г					П	Г	Т				T.	П
N	lenstruation			III		1111	4																				Т				111			\vdash				Г			П
Mucus	Sensation						pruritie	olrv	ohry	moist	moist		LUCA	moist	Smonth	Luet	gmooth	moist	moist	moist	moist	moist	tyjour.	moist			moist		moist	moist				٠							
2	Appearance							whitish	•			whitish	ye yi ya	not ropy	chrochable	القنجناها		translucent	eticky elastic	1 I	stick,		7007	Sticky					reololish	reddish											

		<u> </u>	ŗ.	1	Н	1	 -	†	<u> </u>	<u> </u>	1	1	1	_	1	1	 	1	T	1	1	+	+	1	1		ı	-		 	<u> </u>	i	<u> </u>	1	1	_	1	1	1	+	_	-	\neg
																	L			-	1	1		_														\perp	†	†			
	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20) 2	1 2	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	3	7 3	8	39	40
Date																																									T	П	\neg
L N	lenstruation														1			П	Г	Τ	Г	Т	Т	T											Г	Π	Г	T	T	T	T	\neg	\neg
Mucus	Sensation																																										
_	Appearance																							,																			

Exe	rcise 48	F	F		L	F	F	F	F				F				F		F	1	-	1],		F	F	F	F	F	F	F	F	F	F	F	F	F	1	7	-	4
["	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	2:	2 23	24	25	26	27	28	29	30	31	32	33	34	35	36	3	7 3	8	39	40
Date	2:						Γ	Γ	Г					Г			Г		Γ		Γ	T	T	Τ	T					Γ	Γ	Γ		Γ	Γ		T					
N	Nenstruation	1111	IIII														Γ					T	Τ	T	T					L	Γ		Γ	Π				Ι		T		\exists
Mucus	Sensation				meix	moist	-Sport	lubricating	Labrication	moist 0	moist	moist			moist	Liet	+911	moist				7470	100		moist	Samist.	101.			the idea	13.00		1									
Σ	Appearance				redolish				shechable	shechoble	Whitish				trans (ucant]			1	- Commence of the Commence of	9			think	mark	Nation				1											* ADDRESS - ALL -

Evor	cise 49	Г	i i	1	1	+	+	Ť	1	1	1			1				1	<u> </u>	1		1	1	1	1	1			\vdash			1	1	+	T	1	†	7	٦				Г
EXCI	CISC 43					T	T	T	T													5	Ŀ	1		::							T	I	I	I	1						
	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	2	2 2	3 2	24	25	26	27	28	29	30	3	1 3	2 3	3 3	4 3	35	36	37	38	39	40
Date	:	Π			T	T	Т	Т	Г	Г	Г			Г																													
N	lenstruation	M	M	III			Her	4	T		Г				Γ	T							Γ	T	T				96	000													
Mucus	Sensation	·											moist	=	7			pranitio		11	3	7	-	- -	=	=																	
	Appearance										Linitia	Ly High	S. A. H. Ch	Libition	Ch. Kely								***************************************																				

Attention! Final results!

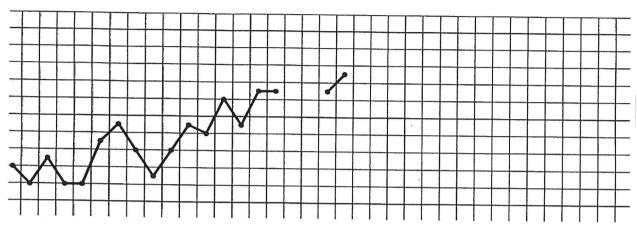
The resulutions and additional tips to learn the cervical mucus peak are in the solutions.



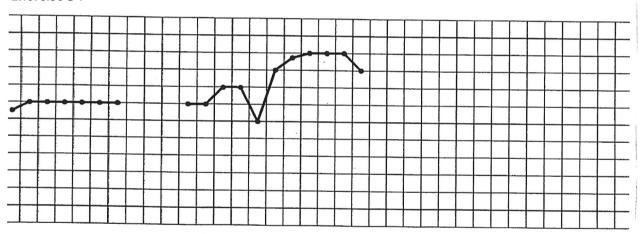
Interpret the following temperature charts.

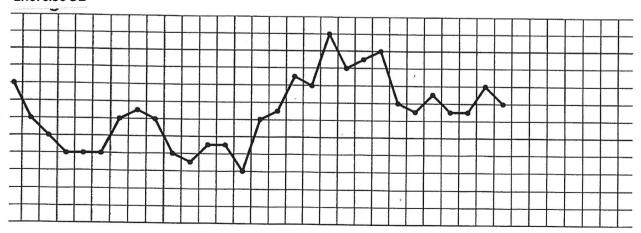
You will find the resolutions in the solutions as well as an overview of the relevant temperture rules.

Exercise 50

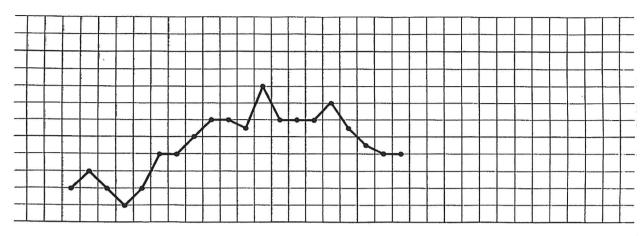


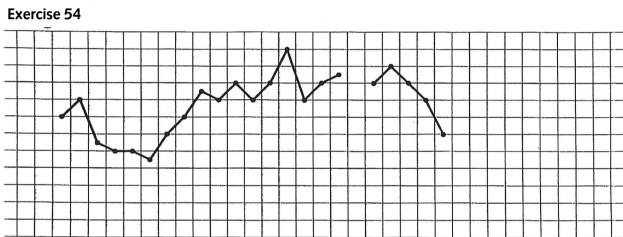
Exercise 51

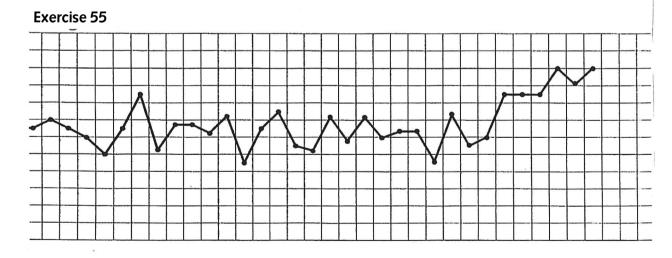






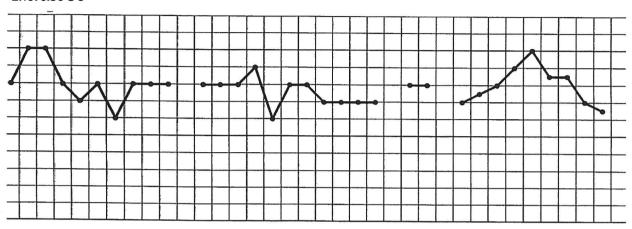




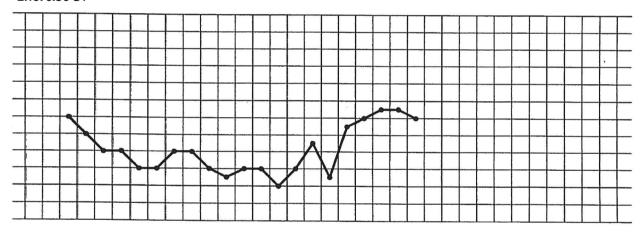




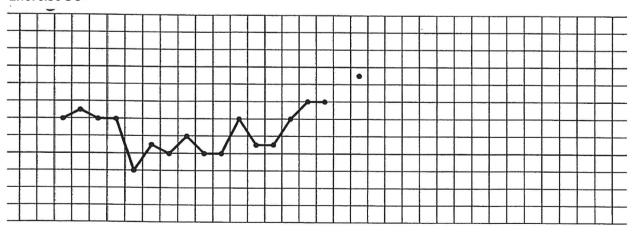
Exercise 56



Exercise 57



Exercise 58



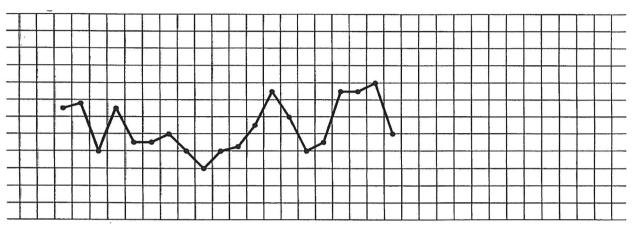
h



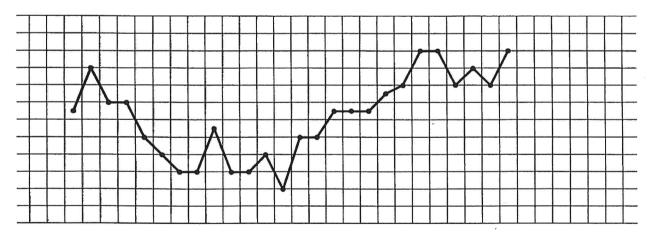
25



Exercise 59



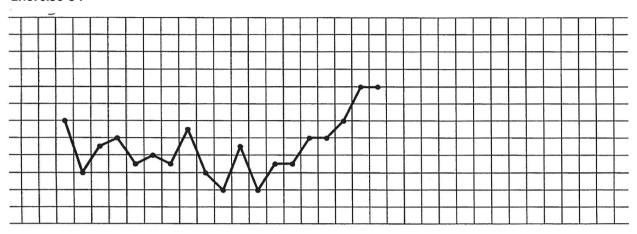
Check your interpretations in the solutions and read the further proceedings.



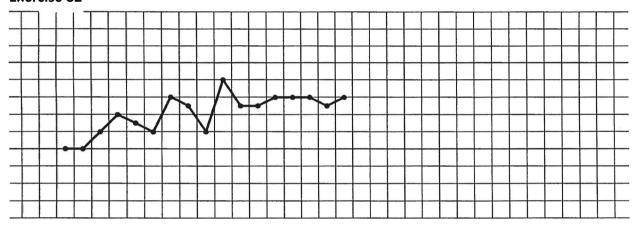


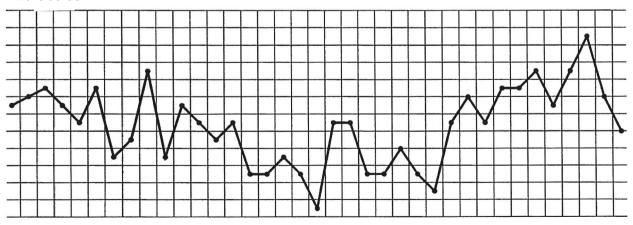






Exercise 62

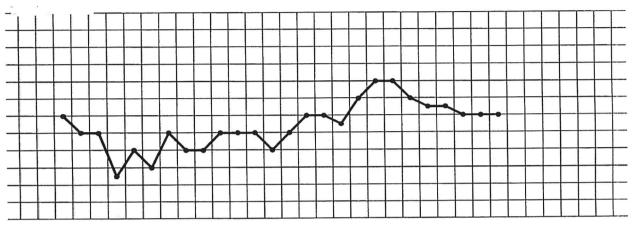




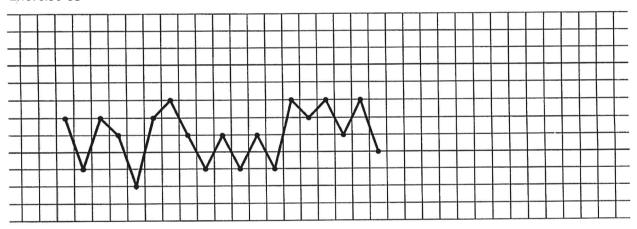


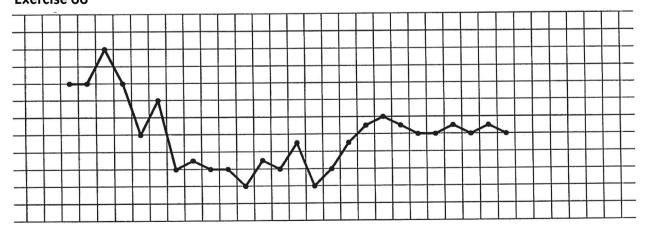






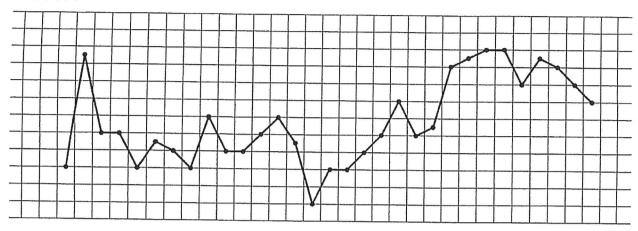
Exercise 65



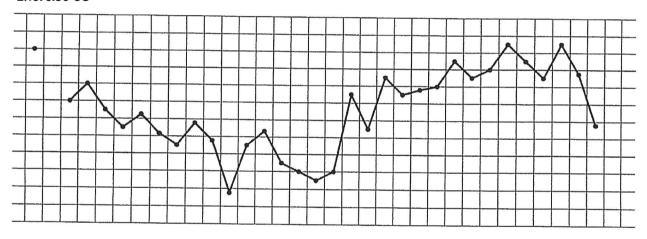


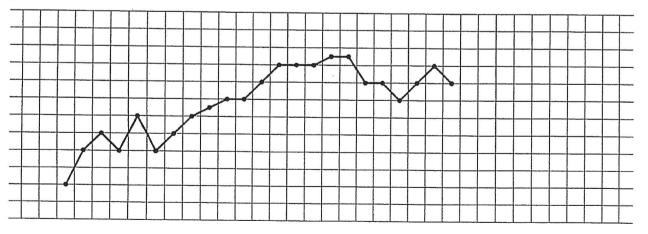






Exercise 68

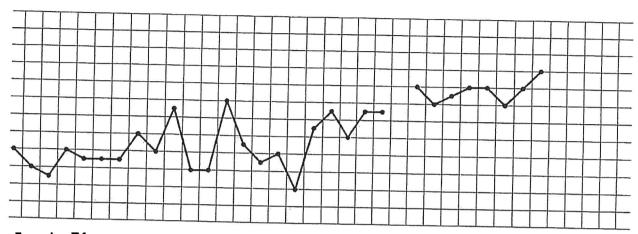




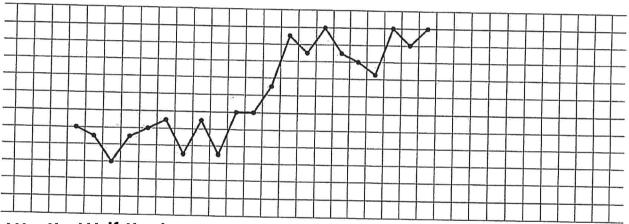






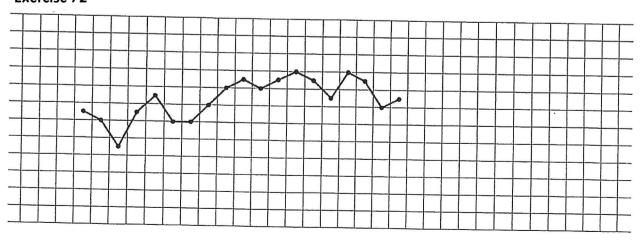


Exercise 71



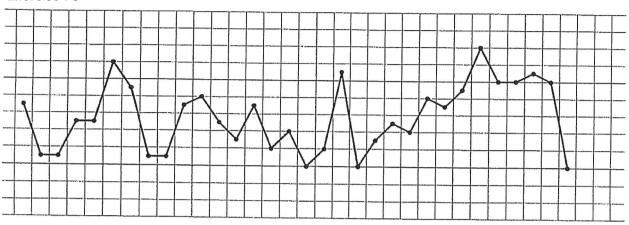
Attention! Half-time!

Check your interpration in the solutions and read the suggestions for further steps.

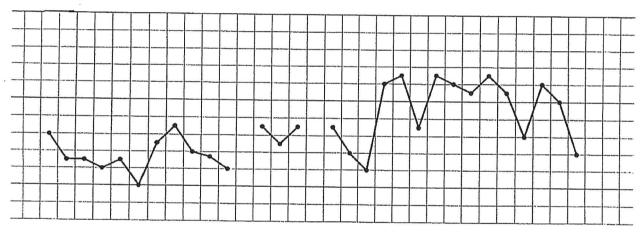




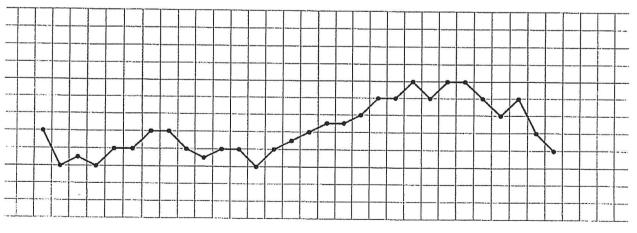




Exercise 74



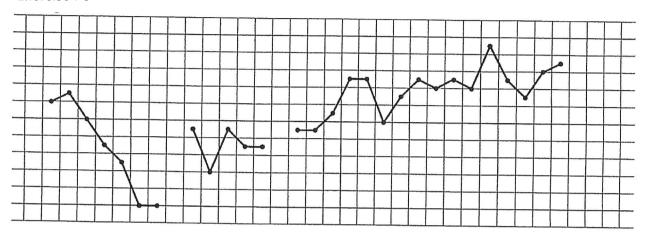
Exercise 75



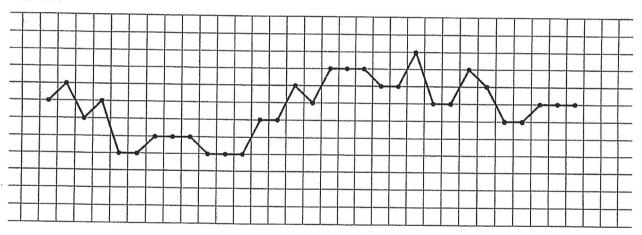
h

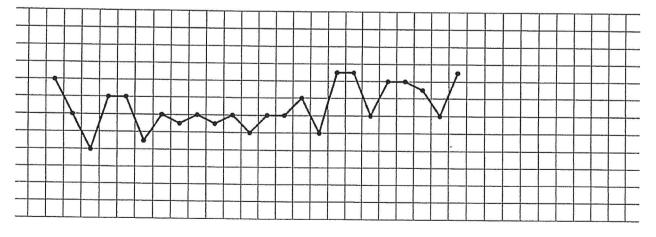
31





Exercise 77

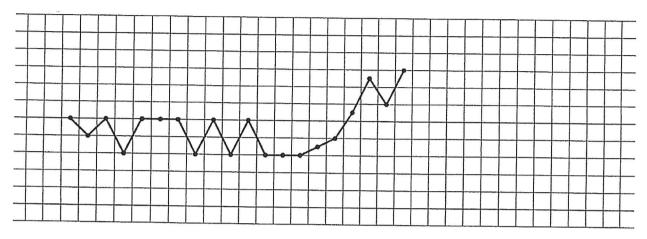




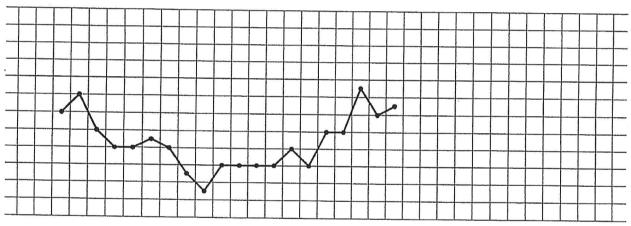


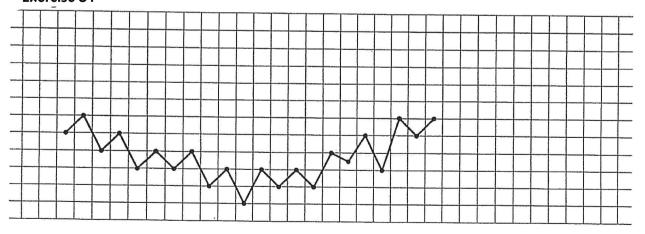






Exercise 80

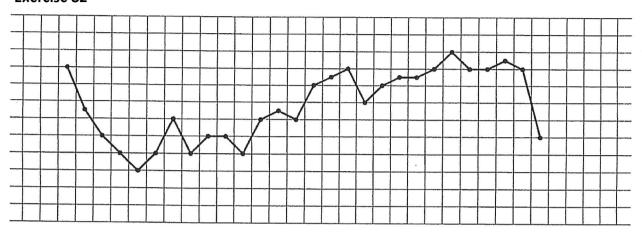




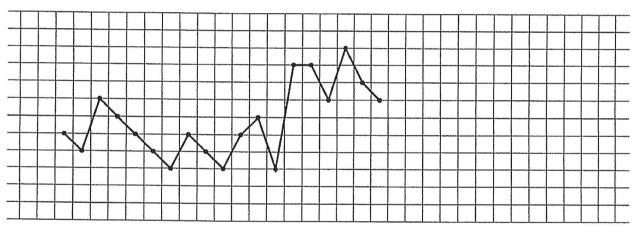


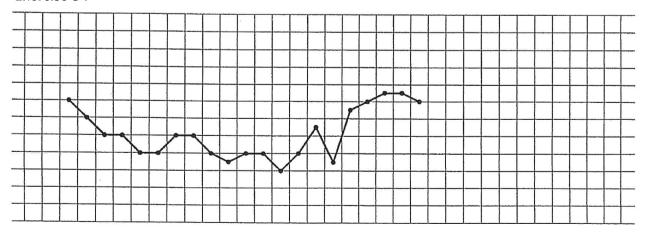




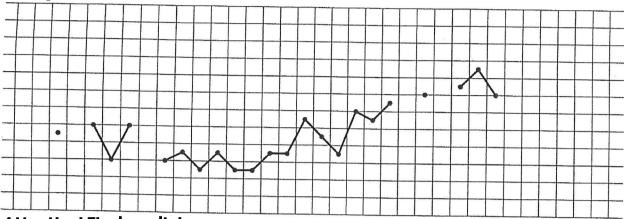


Exercise 83





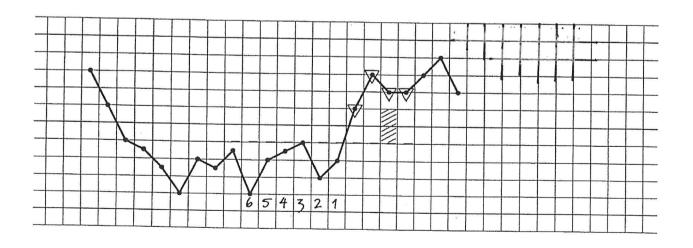




Attention! Final results!

Resolutions and further steps in the solutions.

Interpretation of the 1st cykle after hormonal contraceptives



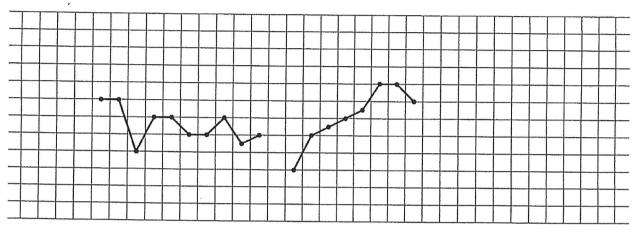


© Malteser

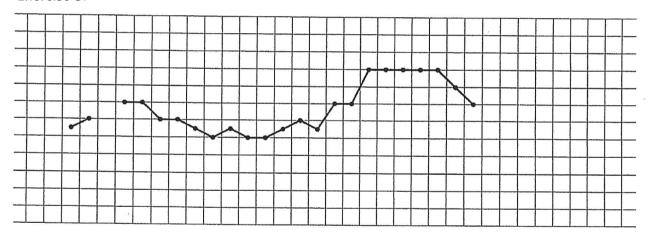


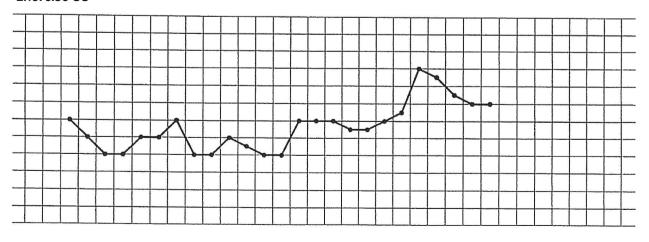
Interpret the following temperature curve and check it in the solutions.

Exercise 86

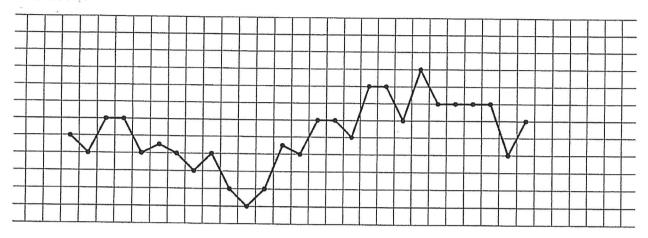


Exercise 87

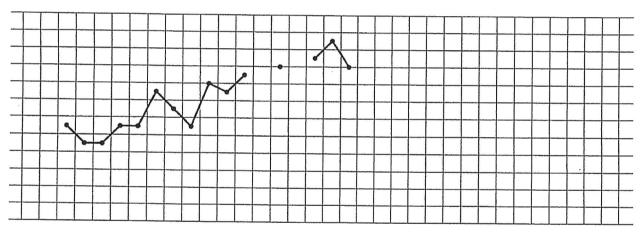




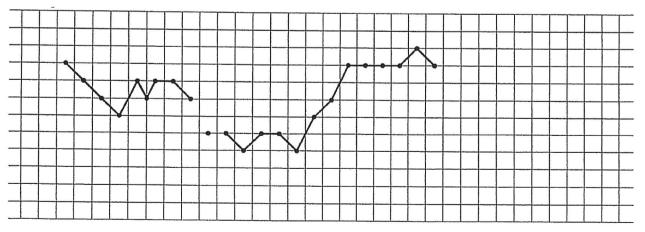




Exercise 90



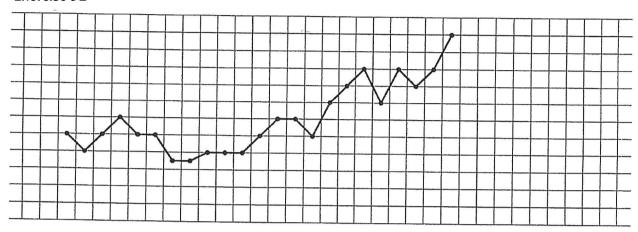
Exercise 91



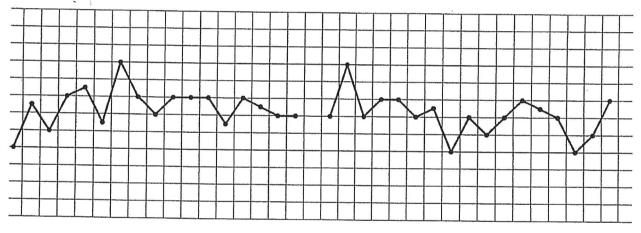


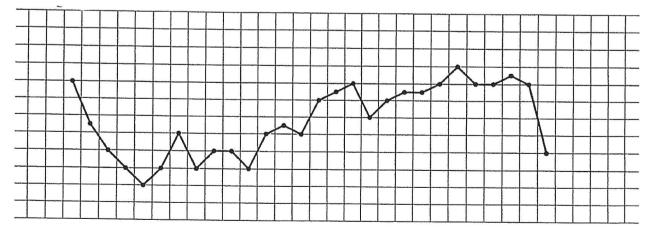
Malteser



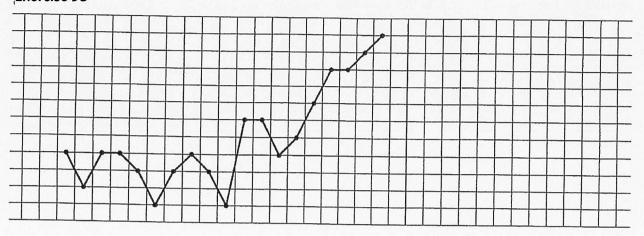


Exercise 93



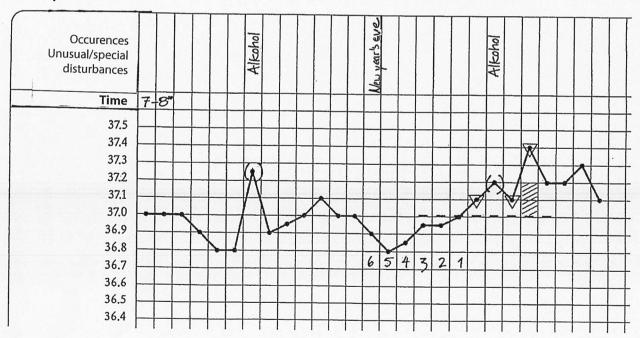






Interpreation of disturbances

Example





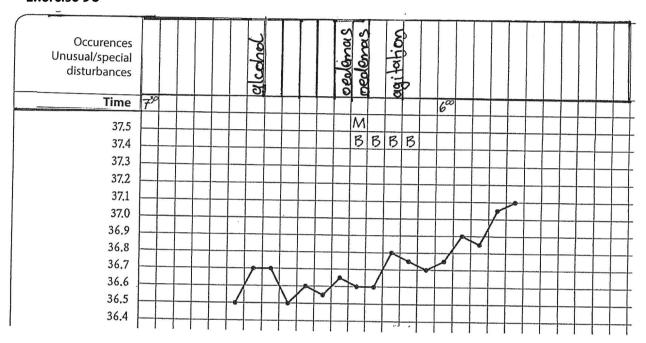


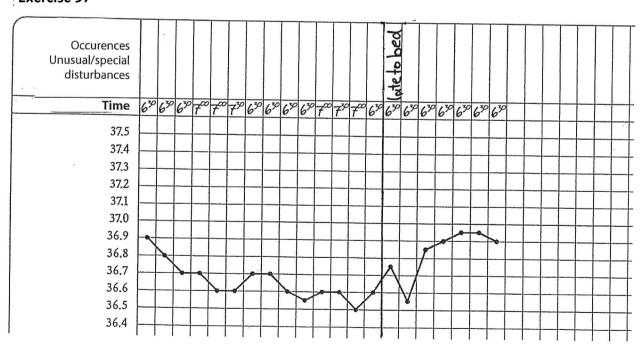
39



Note the disturbances in the following temperature profiles and consider those in your interpretation.

Exercise 96

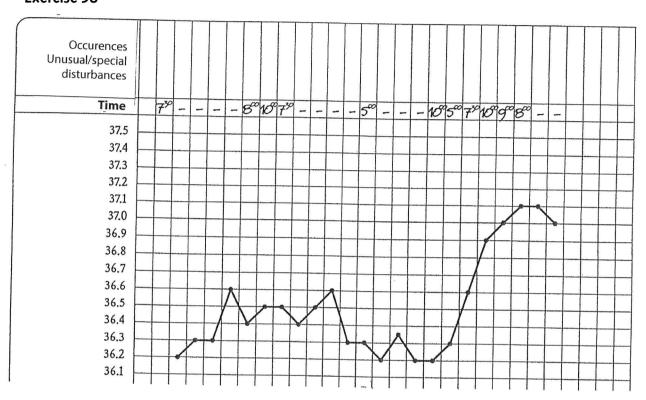


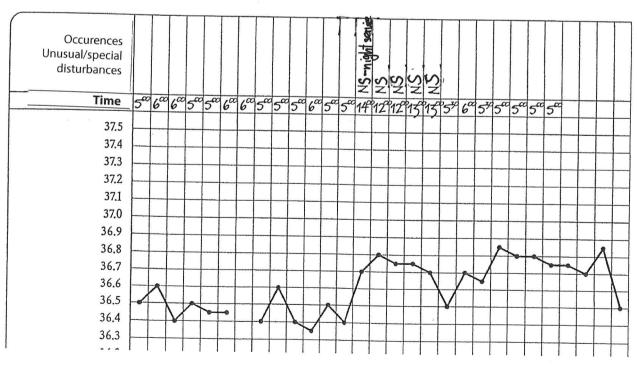








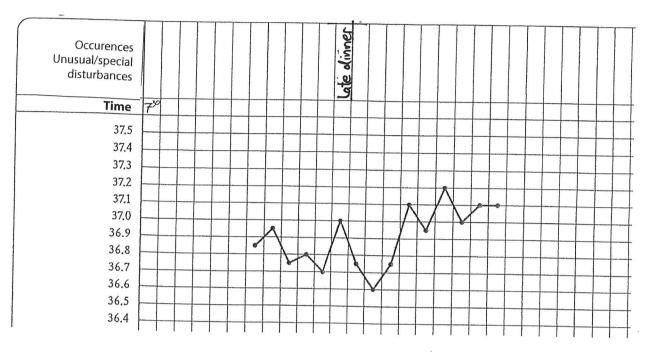


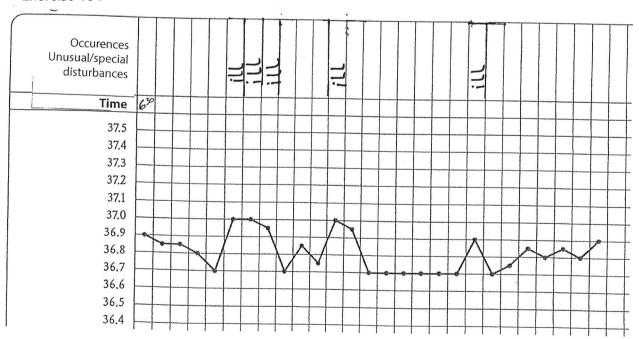








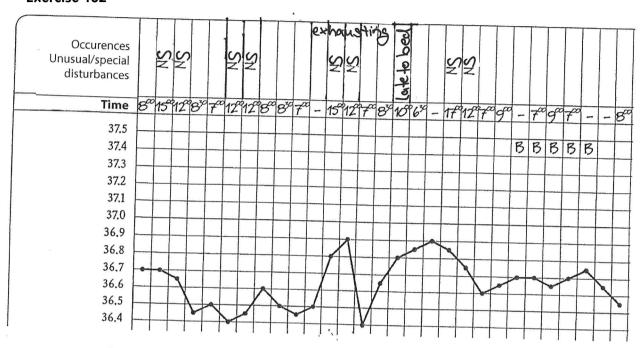




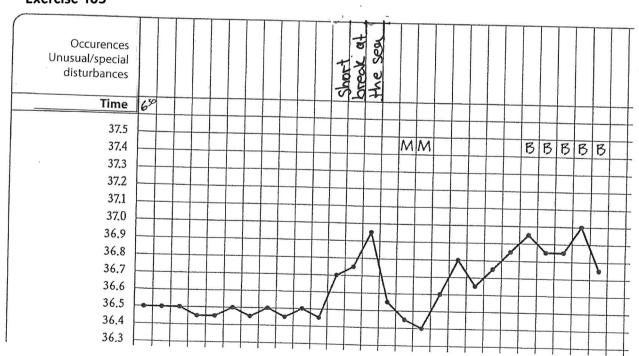








Exercise 103

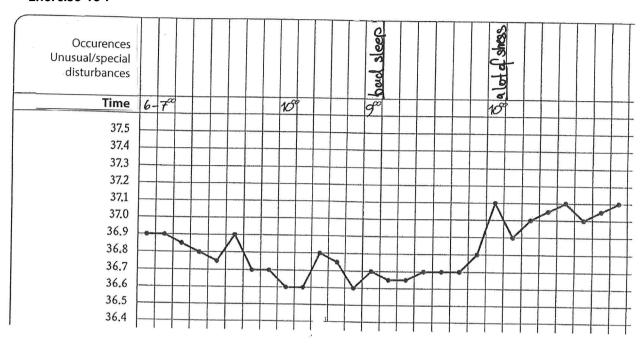


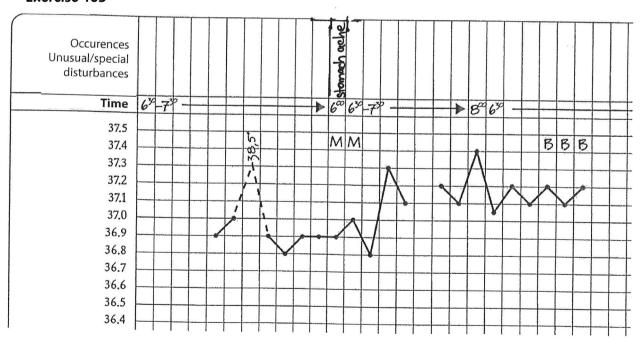


© 🦝 Malteser

43



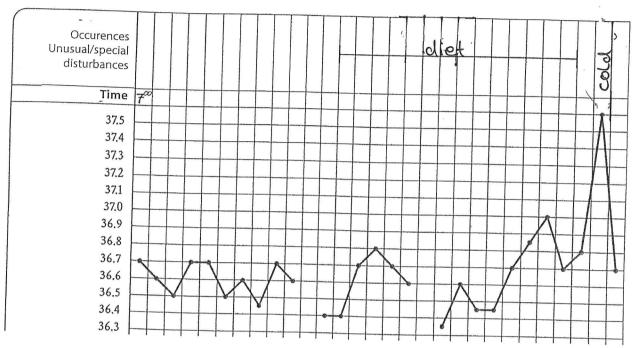




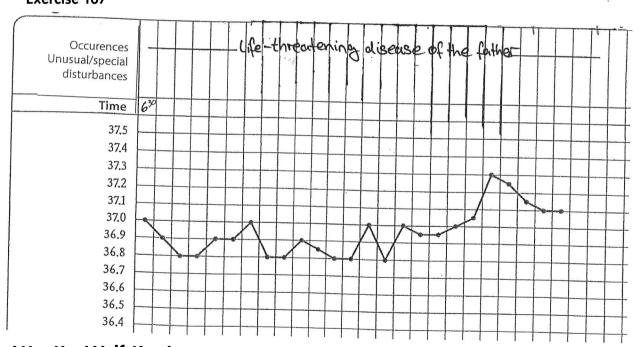








Exercise 107



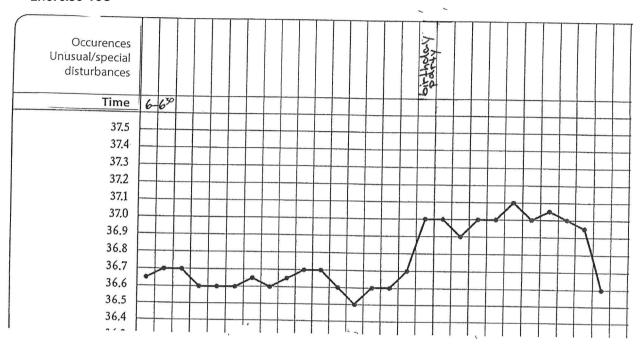
Attention! Half-time!

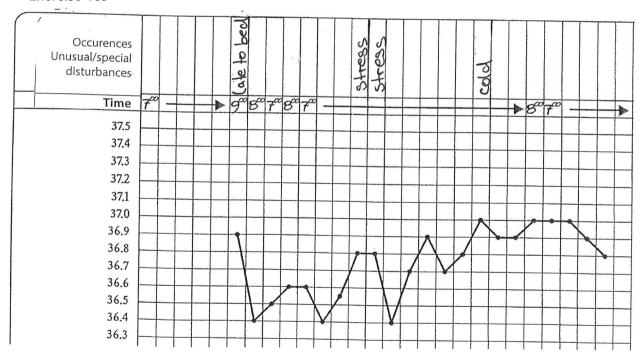
Check your interpretaions in the solutions and read the suggestions for further steps.





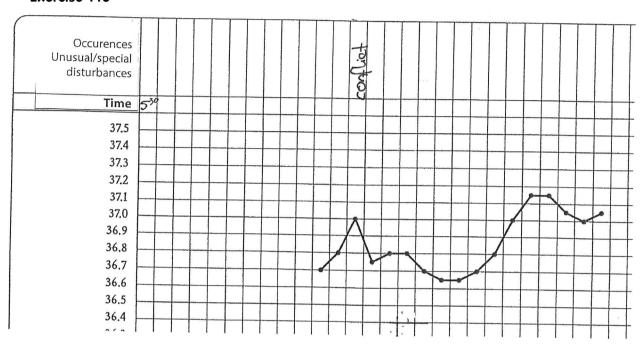




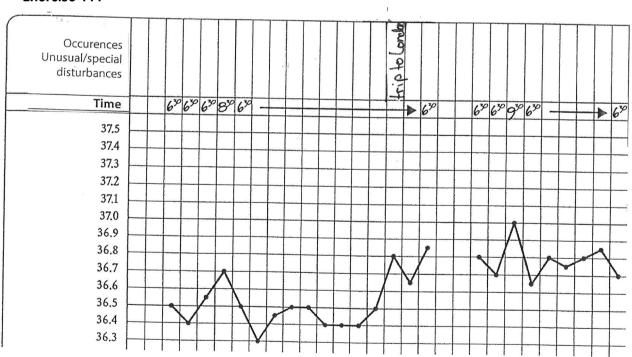








Exercise 111

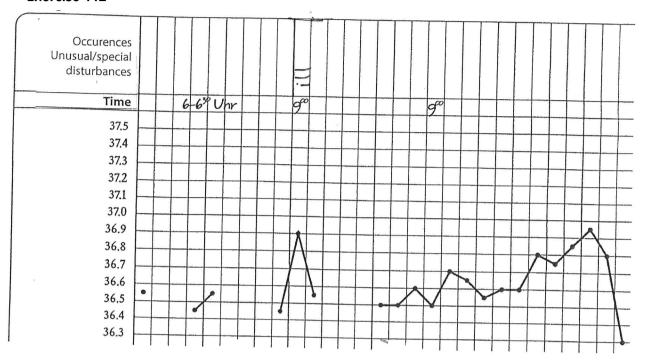




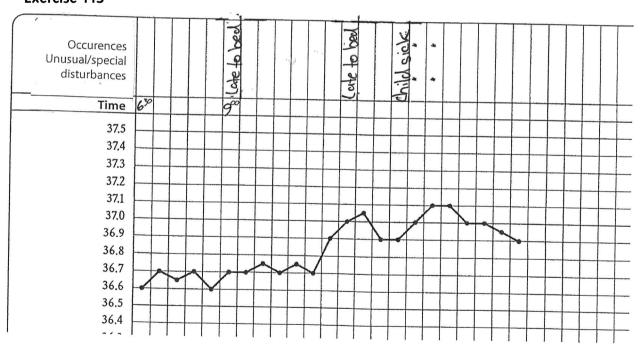


47





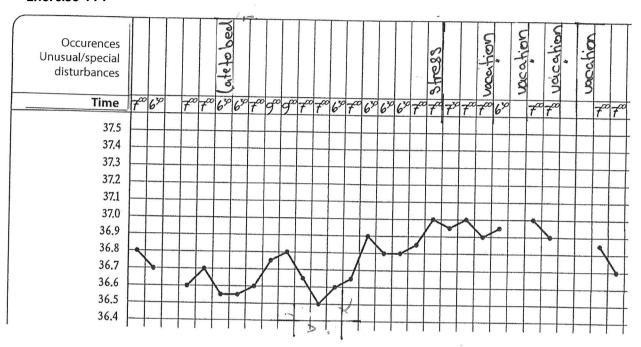
Exercise 113

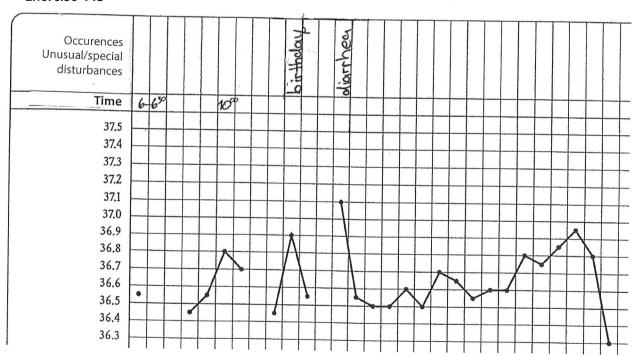




48



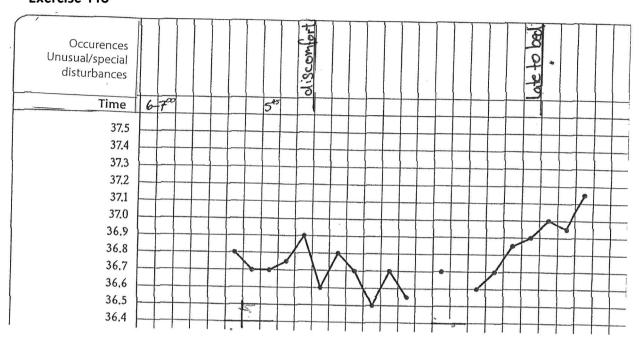




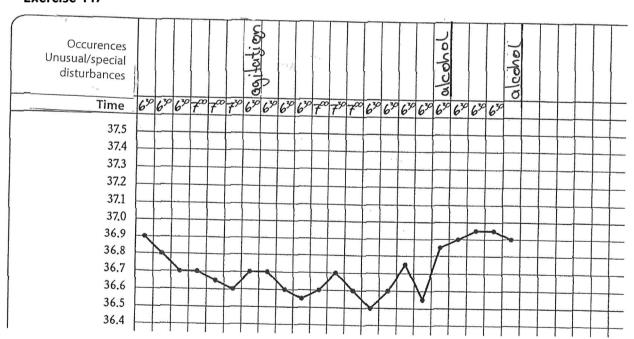








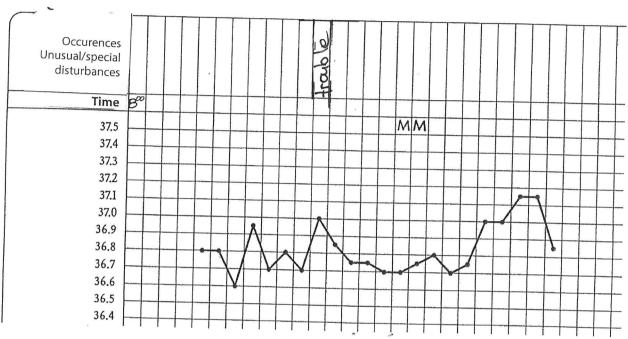
Exercise 117



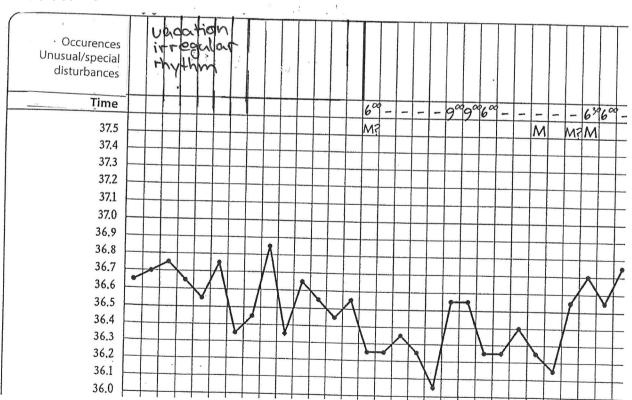


50





Exercise 119



Attention! final result!

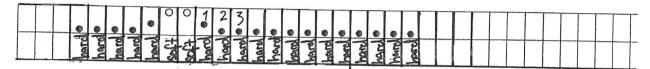
The resolutions and further steps are in the solutions.





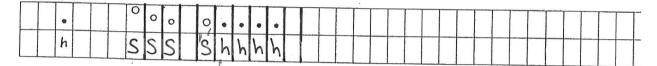
The observation of the cervix

Example

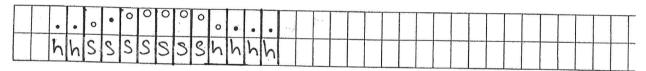


Determine the end of the fertile period and note 123 in the column.

Exercise 120



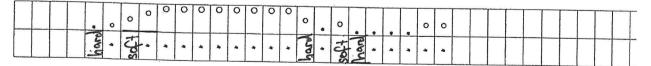
Exercise 121



Exercise 122



Exercise 123



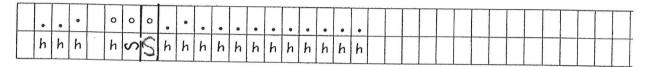


52

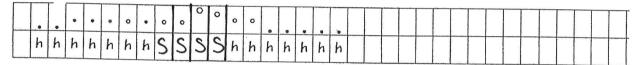




Exercise 125



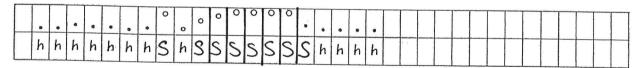
Exercise 126

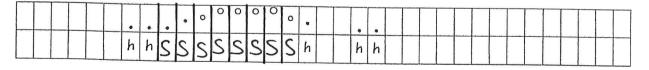


Exercise 127



Exercise 128





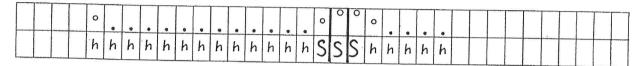




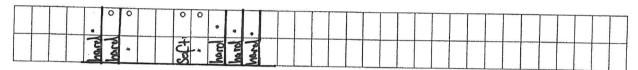




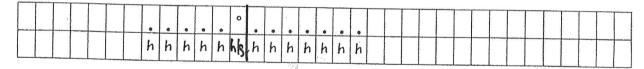
Exercise 131



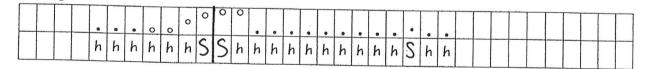
Exercise 132



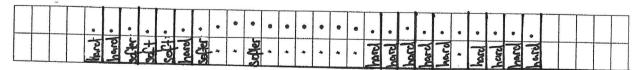
Exercise 133



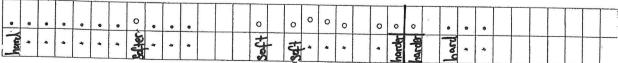
Exercise 134



Exercise 135



Exercise 136



Check your resolutions in the solutions and decide about further steps.

53

The resolution of the double control at the beginning of the cykle

Example

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																L
Λ	/lenstruation				MI	ffee	3800	ge sus								L
Mucus	Sensation								(ubricating	emoist 0						
2	Appearance								elastic, l. equil	elastic Legichi	3					
	Position and															
Cervix	opening			_				_	_				_			ļ
G	Firmness															
	Intercourse															t
	Fertile Days						F	F	F	F	F	F	F	F	F	

Cycle-no°.	4
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

Fitness Test about the beginning of the fertile period

8 exercises about the beginning of the fertile period.

Mark the beginning with an F.

You find the resolutions in the solutions.

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Dat		Ė	_		Ė			Ė			,,,	Ė	-		-	Ë
ſ	Menstruation	M			IM	m	1111	1111	[2]	g# 1 61						
Mucus	Sensation								itching	itehing	ofry d					
2	Appearance									G ERTHANNING CONTRACTOR CONTRACT	•					
Cervix	Position and opening															
G	Firmness															
	Intercourse															
	Fertile Days															

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	

Fitness Test about the beginning of the fertile period

Exercise 138

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date				-080												
N	/lenstruation				I MI	il sa	800									L
Mucus	Sensation							moist	moist	n						
Ā	Appearance							vellowish	thick	11						
Cervix	Position and opening						•	•	•							
G	Firmness						h	h	4	h						L
	Intercourse															
	Fertile Days															

Cycle-no°.	17
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	15
Minus 8	
Earliest first higher temperature reading in this cycle	, NZ 1 - NKT

preceded temperature shift

Exercise 139

	. Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
١	/lenstruation	Ш			800	900	366	0 00							
Mucus	Sensation								Constituent services			moist			
2	Appearance								Wellowish		0.000				
×	Position and														
Cervix	opening									_		-			_
ဗ	Firmness														
	Intercourse														
	Fertile Days														

Cycle-no°.	13
Temperature taken	R X V O
Earliest first higher temperature reading in the previous cycles	15
Minus 8	Con Table - und
Earliest first higher temperature reading in this cycle	A COLUMN TO STATE OF THE STATE

preceded temperature shift

Fitness Test about the beginning of the fertile period

Exercise 140

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																
N	/lenstruation	III	Ш	111											_	_
Mucus	Sensation				Orv	111	11	=	11	moist	1					
Σ	Appearance				- Company of the Comp		(- Chromenameno constitution and Chromena Chromen	Opposession of the Contract of	Contraction of the Contraction o	Hrick					
Cervix	Position and opening															
a	Firmness	Y.,														L
	Intercourse															L
	Fertile Days															L

Cycle-no°.	54
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	14
Minus 8	
Earliest first higher temperature reading in this cycle	7 A 7 A

preceded temperature shift

Exercise 141

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
N	/lenstruation		Щ	Ш	111	1111	agru								
Mucus	Sensation						¥				J	,			
2	Appearance							72							
Cervix	Position and opening							•	0	0					
ē	Firmness							h	h	h					
	Intercourse														
	Fertile Days														

Cycle-no°.	25
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	16
Minus 8	100 CW - CW - CW - CW - CW - CW - CW - CW
Earliest first higher temperature reading in this cycle	Tope was

preceded temperature shift

Fitness Tes beginning of fertility

Exercise 142

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																L
I	Menstruation			MI	IIII											L
Mucus	Sensation					ohry) II	moist	moist	=						
Σ	Appearance	2					(Continue of the Continue of t	Cartanava potence aparamento	thick	Ξ						
Cervix	Position and opening															
G	Firmness															
	Intercourse															L
	Fertile Days															

Cycle-no°.	1
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	
Minus 8	Patricipal Control of
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															
N	Menstruation				////										
Mucus	Sensation					-	11	ì	11	Wet	moist	=			
Σ	Appearance					- Commence of the Commence of	-	thick, tough	whitish o	like water	Lamol	- =			
vix	Position and opening											·	8		
Cervix	Firmness														
	Intercourse														
	Fertile Days														

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

Check your resolutions in the solutions and decide about further steps.

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date	2:															
N	lenstruation		ACCORDING TO SERVICE T	III	111	1801										
Mucus	Sensation						OF	- 12	moist	U	=					
2	Appearance								+hick	Your	,					111111
Cervix	Position and opening															
ē	Firmness	×.														
	Intercourse															
	Fertile Days															

Cycle-no°.	7
Temperature taken	R X
	0
Earliest first higher temperature reading in the previous cycles	18
Minus 8	
Earliest first higher temperature reading in this cycle	1000

preceded temperature shift

Exercise 145

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
l N	/lenstruation			III	M	1/10	86 152								
Mucus	Sensation							moist	17	=	,				
2	Appearance							milky	1 11	=					
J	Position and											240			
Cervix	opening												_		
ပီ	Firmness														
	Intercourse														
	Fertile Days														

Cycle-no°.	13
Temperature taken	R [
	V 0 X
Earliest first higher temperature reading in the previous cycles	16
Minus 8	y and a special of
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																
I	/lenstruation				W											L
Mucus	Sensation															
2	Appearance															1000
Cervix	Position and opening															_
ď	Firmness															
	Intercourse					X	X			(X						
	Fertile Days															

Cycle-no°. 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	e: June the Sth Menstruation		6	7	8	3	10	M	15	13	14	15	16		
١	/lenstruation	Ш	M	m	1111	Son									
Mucus	Sensation						moist	moist	Contractor	044	dry, itchy		Constitution		
2	Appearance						whitigh		milku			(Consumerous consumerous consu			
Cervix	Position and opening											1.			
Ge	Firmness							4							
	Intercourse														
	Fertile Days														

Cycle-no°.	23
Temperature taken	R V X O
Earliest first higher temperature reading in the previous cycles	14
Minus 8	0.00
Earliest first higher temperature reading in this cycle	30 2 - W - W

preceded temperature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																L
I	lenstruation	Ш	W	Ma		III	1884									_
Mucus	Sensation						olry	,	**************************************	China de la company de la comp	moist	SOLA	Į.			
Ā	Appearance						Chilifterecenterminentalisated	-	Commencement of the second	Company of the second s	0 astic	translucent	1			
×i×	Position and opening										0	0	0			
Cervix	Firmness						h	h	h	S	S	3	S			
	Intercourse															
	Fertile Days															

Cycle-no°.	41
Temperature taken	R 🗙
taken	V
	0
Earliest first higher temperature reading in the previous cycles	19
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
Date															
ľ	Menstruation	M		M	M	1160	90 64								
Mucus	Sensation									-		moist			
Σ	Appearance								d.		- Contraction of the Contraction	vellowish	}		
×i×	Position and opening														
Cervix	Firmness														
	Intercourse														
	Fertile Days														

Cycle-no°.	8
Temperature taken	R X V 0
Earliest first higher temperature reading in the previous cycles	12
Minus 8	
Earliest first higher temperature reading in this cycle	Special Control of
preceded tempe	erature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																L
N	/lenstruation				lli											
Mucus	Sensation			×				gmooth	=	=						
Ā	Appearance							strechable	-	1						1 1 1 1 1 1 1 1 1
Cervix	Position and opening															
E	Firmness															
	Intercourse															L
	Fertile Days															

Cycle-no°.	1
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	3
Minus 8	
Earliest first higher temperature reading in this cycle	

Exersice 151

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
٨	/lenstruation			III	un	18 000									
Mucus	Sensation						-	- Commence of the Company of the Com	moist	vet	moist	ton			
Σ	Appearance						Company of personal designation	Communication (Communication)	(postanos proprio de la finalización	G EROPOTO SERVICE AND SERVICE	· Company of the Comp	Givenmental and an artist of the second sec	- Charles - Char		
Cervix	Position and opening														
Cer	Firmness														
	Intercourse														
	Fertile Days														

Cycle-no°.	17
Temperature taken	R X V
	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
Date	e:															
N	/lenstruation	1111	III	III	III	8161										L
Mucus	Sensation															
2	Appearance															
×	Position and opening								•	Ø	0					
Cervix	Firmness	-				h	S	S	S	S	S					-
	Intercourse															
	Fertile Days															

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

preceded temperature shift

Attention! Half-time!

Check your interpretations in the solutions and decide about further steps.

Exercise 153

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
IV	lenstruation	111	M	III	111	1161									
Mucus	Sensation						- Commence of the Commence of	Construence of the last of the		moist					
2	Appearance						Opposite and a second	- Character Control of	Sticky	-	=				
Cervix	Position and opening														
Ce	Firmness														
	Intercourse														
	Fertile Days														

Cycle-no°.	23
Temperature taken	R 🗙 V 🗌 O 📗
Earliest first higher temperature reading in the previous cycles	ЛЧ
Minus 8	
Earliest first higher temperature reading	1 1 1

preceded temperature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date																
N	/lenstruation				IIII	11600										
Mucus	Sensation						moist	=	=	=	=					
2	Appearance									lumbl	White of					and the specimen of the
Cervix	Position and opening															
a	Firmness															
	Intercourse															
	Fertile Days															

Cycle-no°.	2
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	14
Minus 8	
Earliest first higher temperature reading in this cycle preceded temp	perature shift

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
N	/lenstruation	111			(111	2300	00 00								
Mucus	Sensation										,				
_	Appearance														
Cervix	Position and opening							•	•	•	0				
Cer	Firmness							h	h	h	5				
	Intercourse														
	Fertile Days														

Cycle-no°.	19
Temperature taken	R V X O
Earliest first higher temperature reading in the previous cycles	FIN
Minus 8	
Earliest first higher temperature reading in this cycle	The state of the s
preceded temp	erature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date			2000				-	-								L
N	/lenstruation			Ш	III	(/	Mil	ela.								-
Mucus	Sensation	-							ALIO		£		4			
	Appearance															
Cervix	Position and opening								•	•	0					
ē	Firmness								h	h	S			8		
	Intercourse															
	Fertile Days				y 3											

Earliest first higher temperature reading in the previous cycles

Cycle-no°.

taken

Temperature

12

R X

V 0

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
Date	ž:	Ì													
N	/lenstruation			III)(u	goe									
Mucus	Sensation						-		-			193			
Σ	Appearance						denteration - transferred		Whitish	whitish	whitish	Chilish , roov	whilish	=	=
×	Position and														
Cervix	opening	L		_	_	_	_	_	_	_	_	_	_	_	_
ပီ	Firmness														
	Intercourse														
	Fertile Days														

Cycle-no°.

12

Temperature taken

R

Λ. X

0

Earliest first higher temperature reading in the previous cycles

16

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
IV	1enstruation				111	Mate	4 Q4 25									L
Mucus	Sensation							distance of the same of the sa	(Theresonerraneousland)		-					
M	Appearance							Contractors	*	-	Опансанали подписывания подписывания	Namy!	- 11			
Cervix	Position and opening							•	•	•	•	0	0			
Cer	Firmness							h	h	h	S	S	S			
	Intercourse	1														
	Fertile Days															

Cycle-no°.	31
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	19
Minus 8	
Earliest first higher temperature reading in this cycle preceded tempe	erature shift

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
IV	lenstruation	1111			110	900									
Mucus	Sensation					moist	Commence and a second	moist	=	E	wet	jl .			
_	Appearance						Opposition-senters (Description)	Hick	=	whitish	elastic				
J	Position and											7.			
Cervix	opening	_								•	•	_			
g	Firmness									h	h				
	Intercourse	(X									
	Fertile Days														

Cycle-no°.	3
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	A 3
Minus 8	
Earliest first higher temperature reading in this cycle	erature shift

	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date								0000								
N	/lenstruation		1111		IIII	Ma	8 80A									L
Mucus	Sensation	a.l Pi	 - -	5/6	201	di	مو	T	edry	olm	dry/	ofri	Odry	20	tsipu	
A	Appearance								Gitterparismental parisment of the control of the co	GEOGRAPHICA SOCIAL PROPERTY OF STREET		-	Charles and a second se	Описания	- Contraction of the Contraction	
Cervix	Position and opening															
ë	Firmness															
	Intercourse															
	Fertile Days															

Cycle-no°.	1
Temperature taken	R
Earliest first higher temperature reading in the previous cycles	to de la contraction de la con
Minus 8	
Earliest first higher temperature reading	

Exercise 161

,	Cycle day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date															
Menstruation		A COLUMN TO A COLU		III	iiv										
Mucus	Sensation					- December of the last of the	Chromomomomomomomomomomomo	240	itchy	moist		ji			
	Appearance							- Contract of the Contract of	whitish	Credmy	- =				
Cervix	Position and opening											,			
	Firmness														
	Intercourse														
	Fertile Days														

Cycle-no°.	15
Temperature taken	R
	V.
	0 %
Earliest first higher temperature reading in the previous cycles	13
Minus 8	THE STATE OF THE S
Earliest first higher temperature reading	

Attention! Final results!

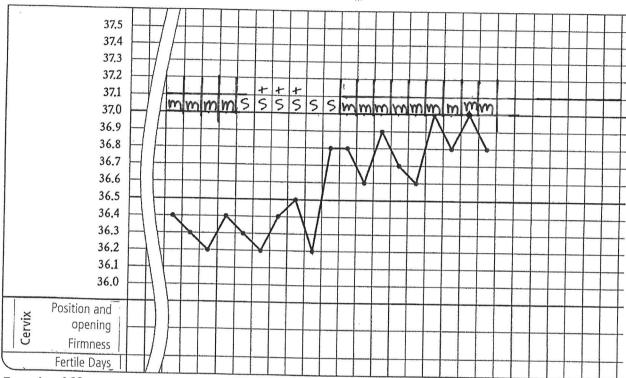
You have succeeded. Resolutions in the solutions!

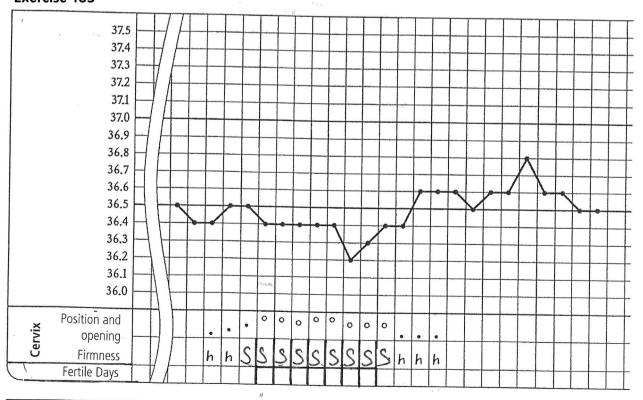


Fitness Test

Please check your ability to interpret in the following exercises. Check in the solutions.

Exercise 162



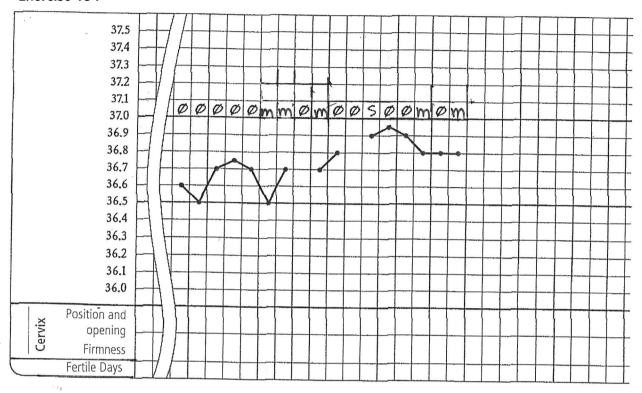


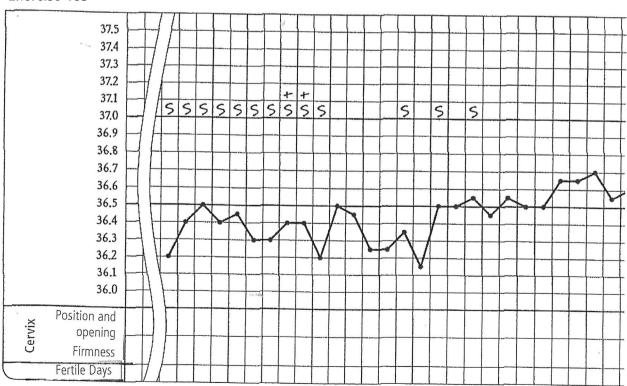




Fitness Test

Exercise 164





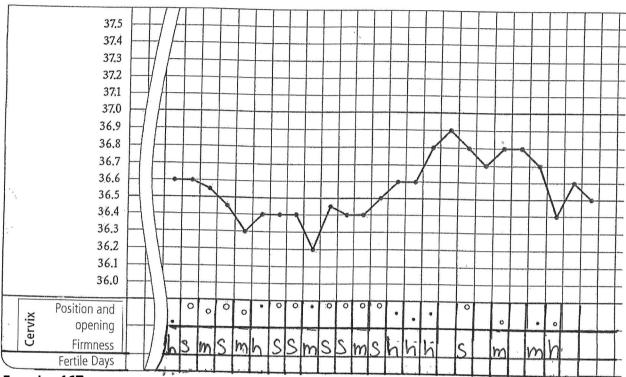




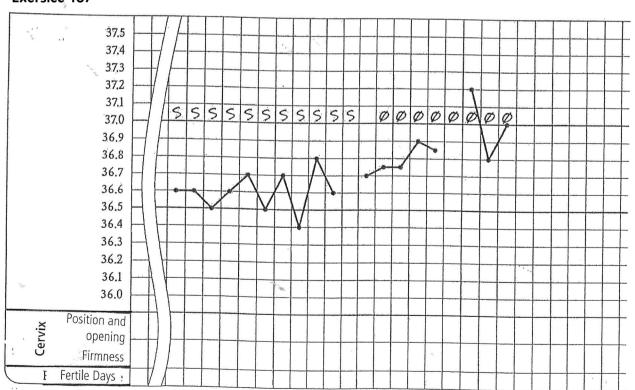


Fitness Test

Exercise 166



Exersice 167

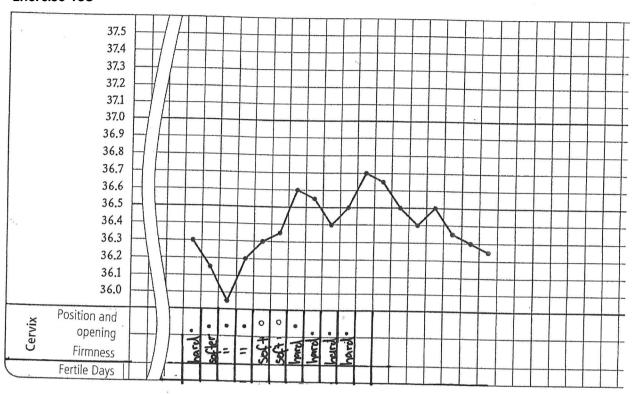


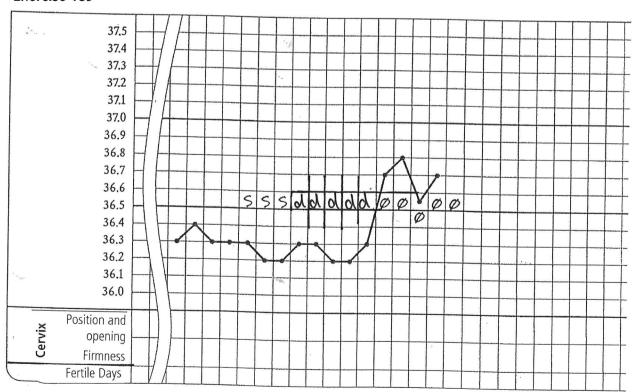
Check your interpretation in the solutions!







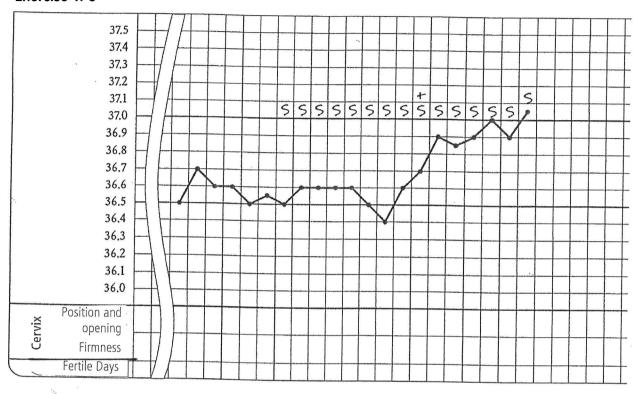


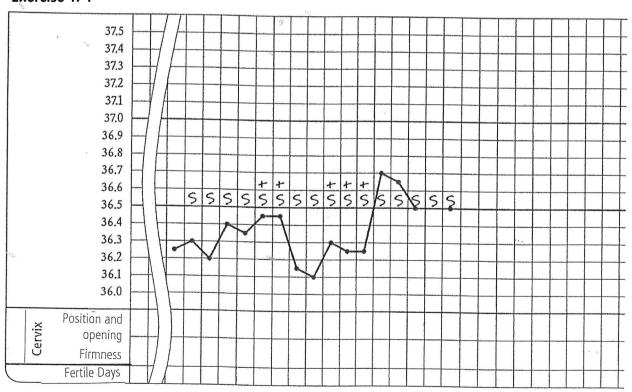






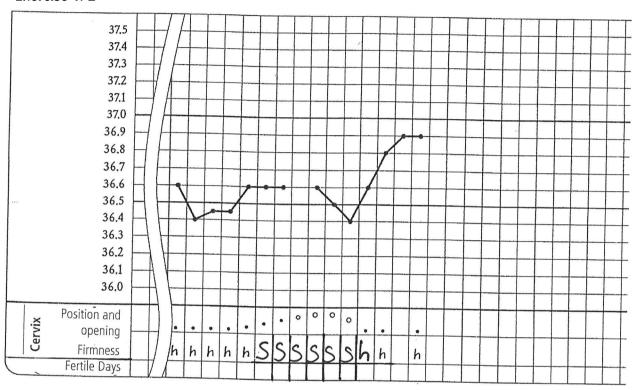


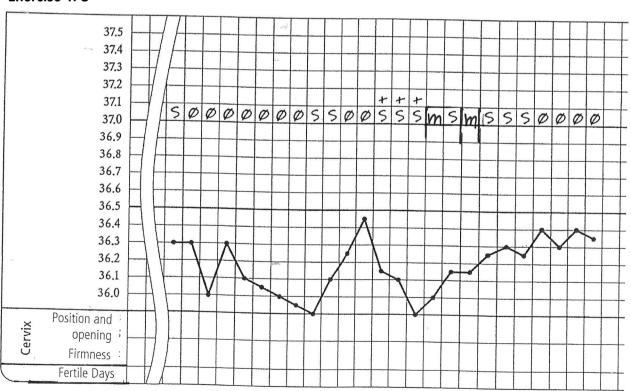






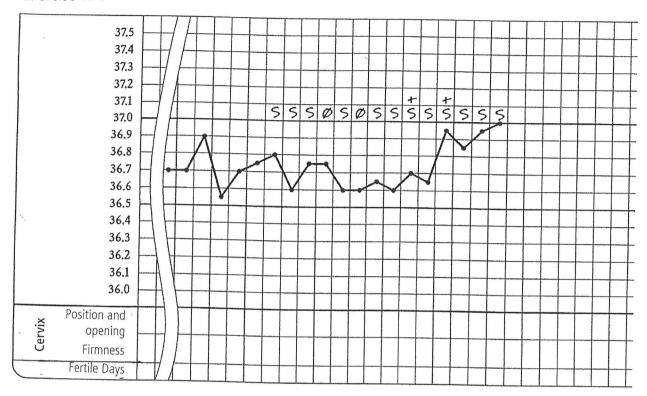


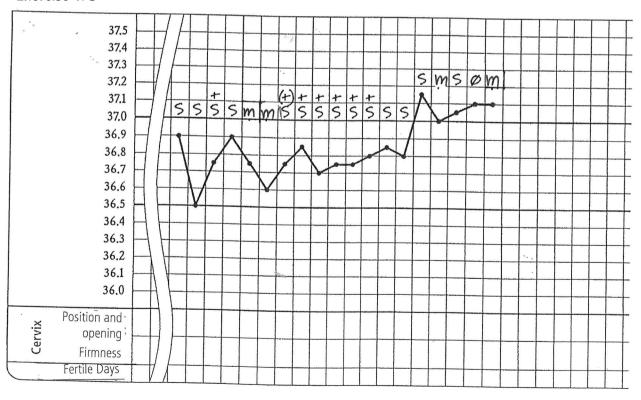






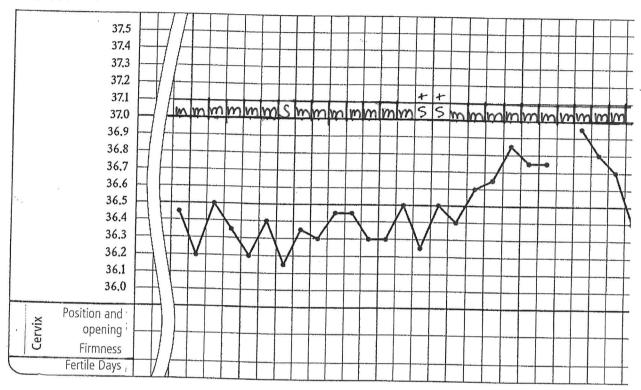


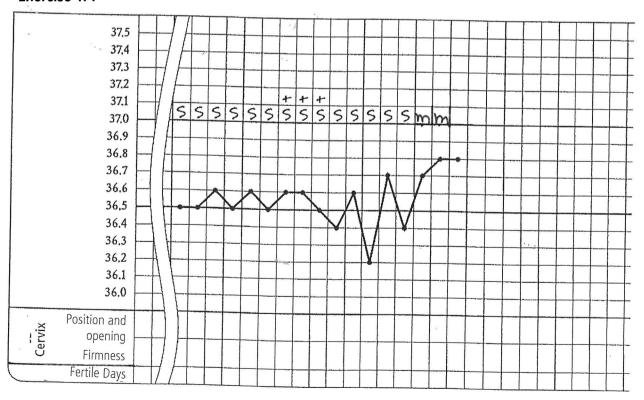






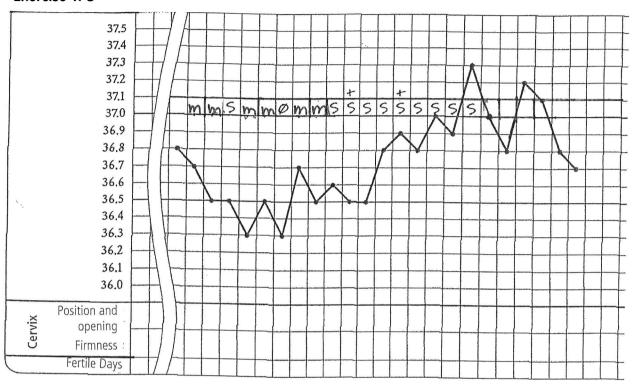


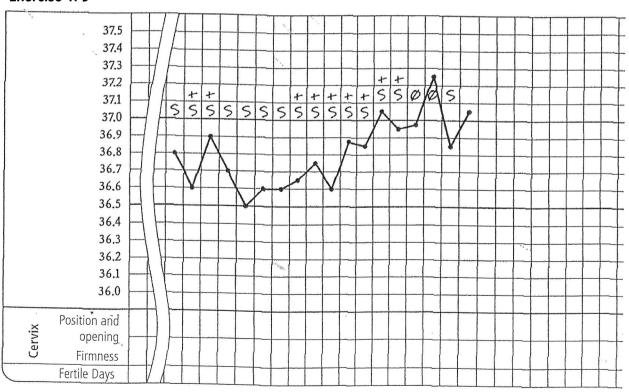






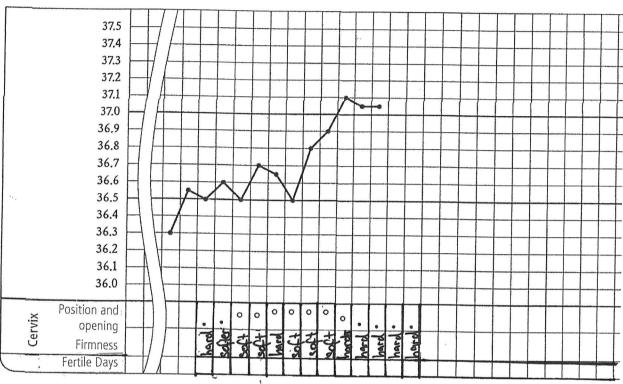


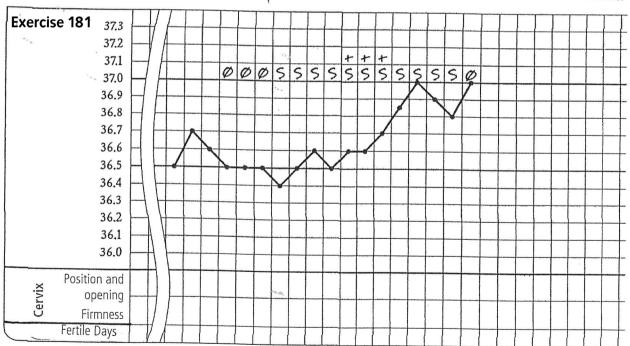










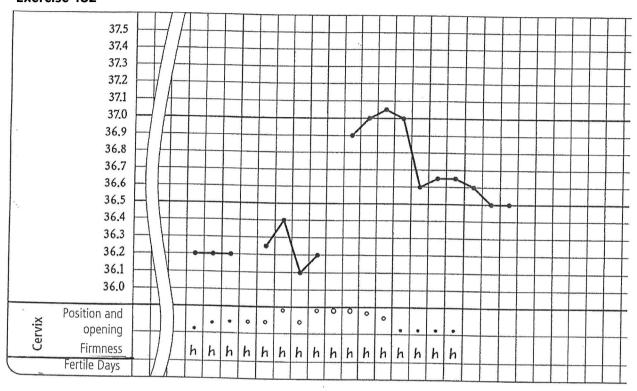


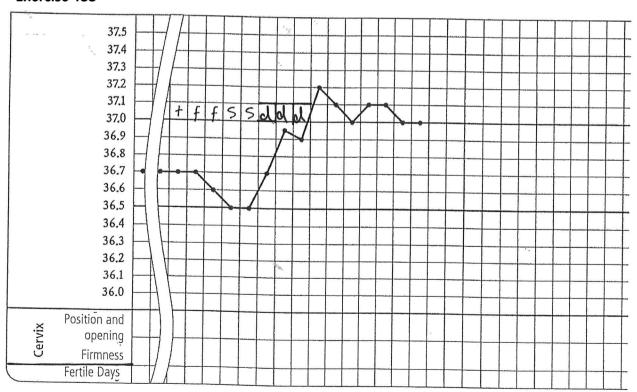
Attention! Half-time!

Take a break and check your results in the solutions. Suggestions for further steps.

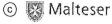




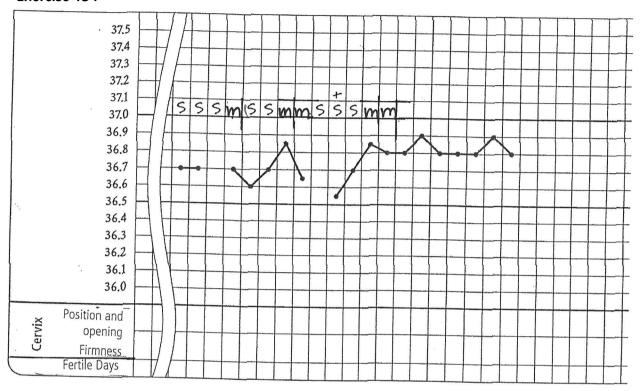


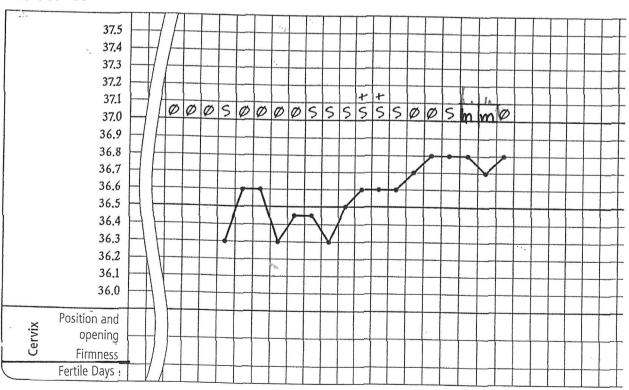




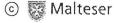




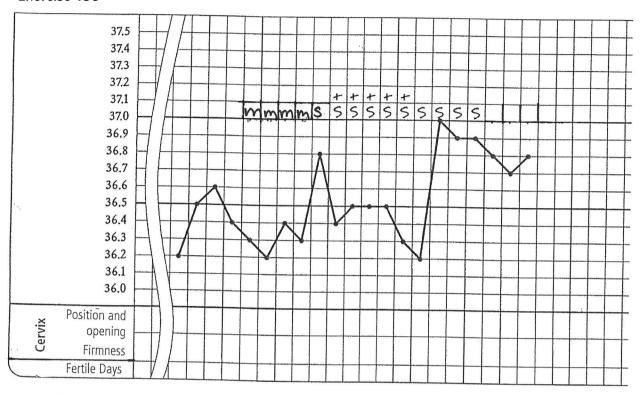


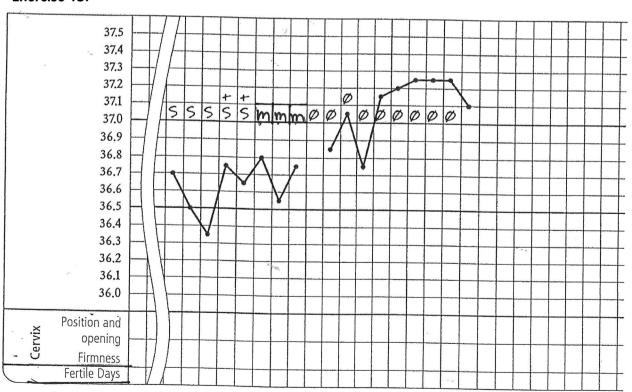








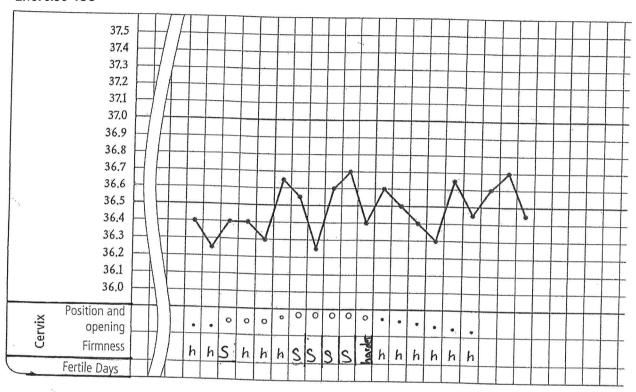


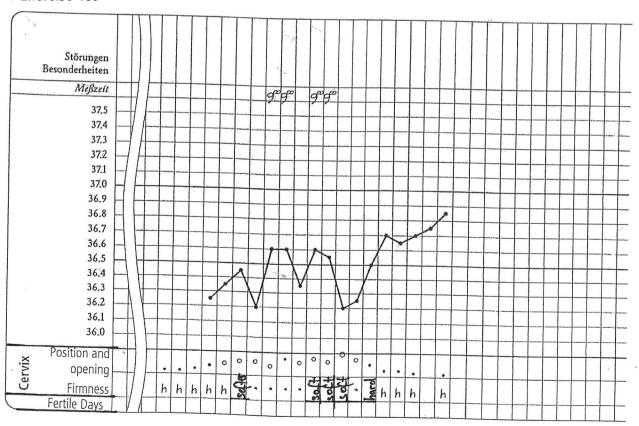






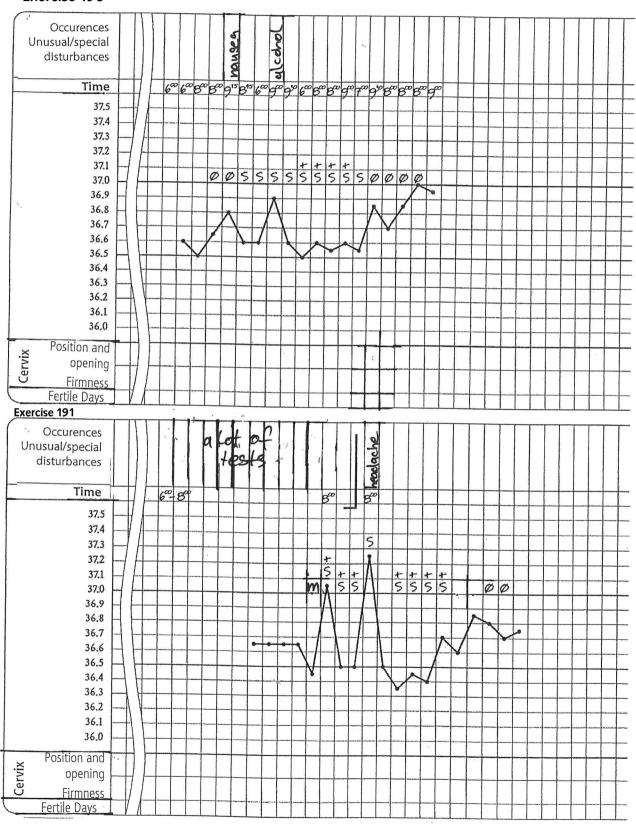








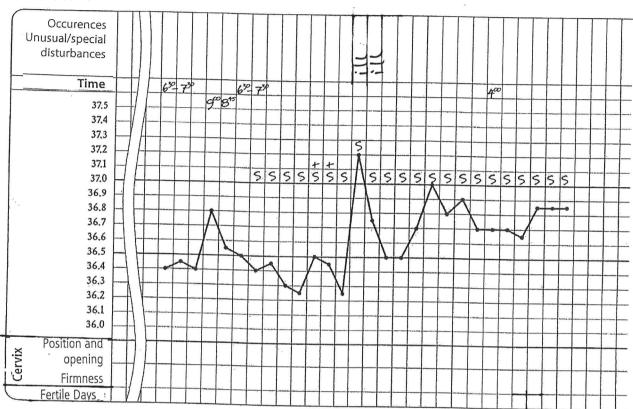




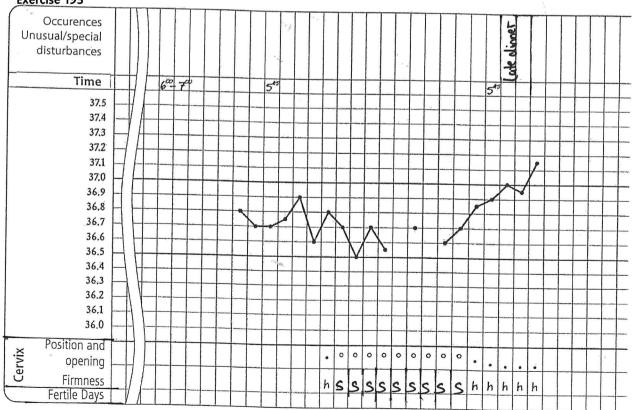










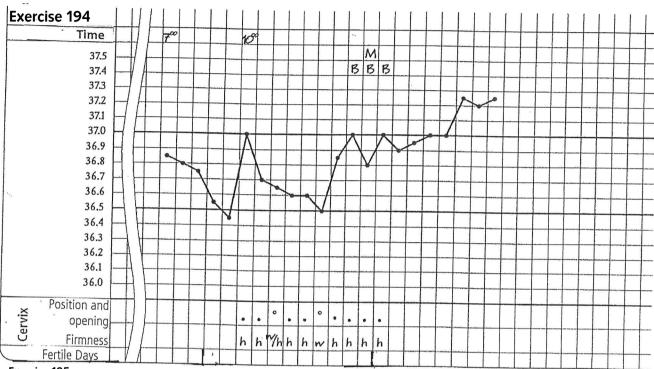


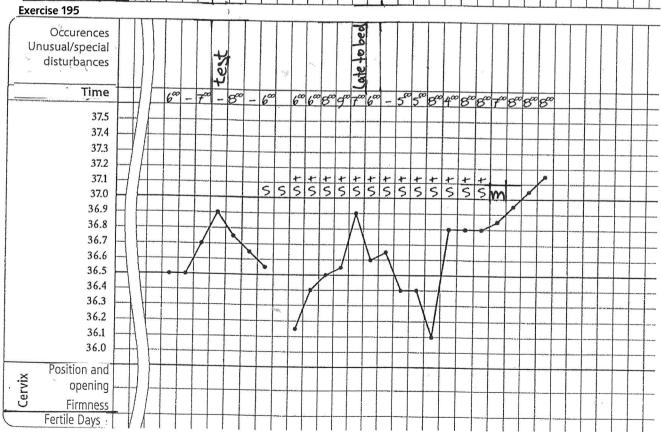




2 . . . _ / _ /







Check your interpretation in the solutions.





For experts only Check the interpreted charts

Please check your abilities to interpret in the following exercises. Correct the wrong interpretations. You find the resolutions in the solutions.

Exercise 196

