



**FEMM Homework
Session 1 Exercises**

Instructions:

Chart color, symbol, Peak day + count of 3 days, note luteal length

Exercise 1

Fill in the symbols, identify Point of Change (POC) and Peak day + count 3 days

	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			
date																																						
color																																						
symbol																																						

Exercise 2

M, H, M, M, L; G-4 days; EL-3 days; ES-5 days; EL-2 days, G-11 days

Exercise 3

M, M, L, L; G-5 days, ES-4 days, G-7 days, S-3 days

Exercise 4

bleeding: heavy, medium, medium, light, light; dry-2 days, pasty+thick-2 days, dry-2 days, moist-2 days, stretchy+cloudy-1 day, stretchy+cloudy+slippery-1 day, stretchy+clear+slippery-2 days, dry-10 days, stretchy+cloudy-1 day, dry-3 days