

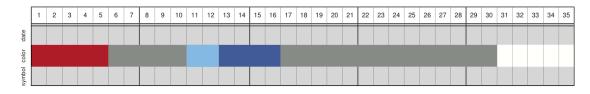


Instructions:

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



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