

Name: _____
 Date: _____

Instructions: Identify when couples may have intercourse if avoiding pregnancy, based on the instructions for each of the 4 cycles. Mark the specific days for intercourse, using the symbol "I."

Exercise 1

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35				
date																		P	1	2	3																		
color	Red					Grey							Blue				Grey																						
symbol	M	H	M	L	L	G	G	G	G	G	G	G	G	ES	ES	ES	ES	ES	ES	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G					

cycle 1																																			
cycle 2																																			
cycle 3																																			
cycle 4																																			

Exercise 2

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35			
date												P	1	2	3																							
color	Red					Light Blue	Blue					Grey																										
symbol	M	M	L	L	L	EL	EL	ES	ES	ES	ES	ES	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G	G							

cycle 1																																			
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