



## Class 1 - The Temperature Sign

### Determining Phase III by Temperature

1. Identify a Shift or Rise in temperature to a new, sustained level.
2. From the last temperature belonging to the low level group, count back at least six normal low temperature readings.
3. Draw a COVERLINE 1/10th of a degree above the highest of these six normal, low temperatures
4. Count four (4) consecutive temperatures above the coverline.  
*If the temperature drops to or below the coverline before the 4-count, begin the count over once temperatures go above the coverline.*
5. Phase III Infertility begins T4: the evening of the 4th consecutive temperature above the coverline, and lasts until the beginning of the next menses (Day 1 of the next cycle)

#### Other Notes:

- A. Ovulation usually occurs 24-48 hrs before the 1st consecutive high temp above the cover line.
- B. Ovulation triggers Progesterone which raises Basal Body Temperature to a higher sustained level
- C. Phases: I Infertile, Pre-Ovulatory (Use 3-5-6 or 21-Day Rule)  
II FERTILITY  
III Infertile, Post-Ovulatory (T4 Guideline as described above)

## Class 2 - The Mucus Sign

Externally observed cervical mucus is a sign of Fertility. Peak Day is defined as the last day of the most fertile type (not quantity) of mucus: raw, egg-white, clear, slippery.

### Double-Check Method

Phase III Infertility begins on the evening which the following two (2) conditions have been met.

1. T3: Three (3) consecutive temperatures above the coverline.
2. P+4: Four (4) days past PEAK DAY (last day of most fertile type mucus)

*Both of these conditions must be met. If they occur on different days, use the later day for Phase III.*

### Determining Phase I

Phase I begins with Day 1 of Cycle and ends on day determined by Cycle History (min. 6-9 cycles).

*If your Shortest Cycle is*

<u>26+ Days</u>	<u>23-25 Days</u>	<u>22- Days</u>
Day 6	Day 5	Day 3

You are infertile up to and including

Exceptions:

1. Following an Anovulatory Cycle
2. Onset of any wetness (mucus).

### Determining Pregnancy

If the temperature remains above the coverline 21 days, you are pregnant.

## Class 3 - The Cervix Sign

The cervix sign is the most resistant to disturbances. It rises, softens, and opens slightly during ovulation (Maximum Change Day). The key is to learn to judge the difference in the indicators (Low/High, Firm/Soft, & Closed/Open). Check it once per day after you have been up for at least four (4) hours. (Not after bowel movement or hot bath)

### Day of Maximum Change (M)

The day you observe the most fertile cervix indicators (High, Soft, Open)

Phase III begins on the evening of the fourth (4th) day past Maximum Change (M) Day

### Determining Phase III by Triple-Check Method

Phase III infertility begins on the evening which at least 2 of the following 3 conditions have been achieved.

1. T3: Three (3) consecutive temperatures above the coverline.
2. P+4: Four (4) days past PEAK DAY (last day of most fertile type mucus)
3. M+4: Four (4) days past M (most fertile cervix sign)

### Determining Phase I by 21-Day Rule

Identifying additional days of infertility, beyond 6-Day Rule, in longer cycles

Phase I begins with Day 1 and ends on day determined by Cycle History (9-12 cycles).

Simply subtract 21 from the shortest cycle in your history.

<u>Example:</u>	<u>Cycle Variation</u>	<u>Last Day of Phase I</u>
Couple 1	32-40	32-21=Day 11
Couple 2	29-42	29-21=Day 8
Couple 3	25-30	25-21=Day 4 (Better off using rule)

Exceptions:

1. Following an Anovulatory Cycle
2. Onset of any wetness (mucus).