

Caution

Visit your health center in the following cases:

- If you have difficulty seeing or feeling secretions
- If you or your spouse have difficulty not having sex on your fertile days
- If you have secretions for less than 5 days in a row
- If your period has not started and you think you may be pregnant
- If you need a new card
- Bring your client card with you when you visit your teacher



TwoDay Method®

How to Use the TwoDay Method

Look for the day of the week your period started and begin marking on that day.

Mark:

- the days you have your period
- the days you do not have secretions
- ✕ the days you have secretions

Remember to mark every night before going to bed.

When can you get pregnant?

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- ✕
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- ✕
- ✕
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Pregnancy is likely if you had secretions (✕) today OR yesterday. Do not have sex today.

When is pregnancy unlikely?

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Pregnancy is unlikely today if you are on your period or if you did not have secretions today AND yesterday.

Client Card

Date your period starts

Cycle 1

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Date your period starts

Cycle 2

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Date your period starts

Cycle 3

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Date your period starts

Cycle 4

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Date your period starts

Cycle 5

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Date your period starts

Cycle 6

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Date your period starts

Cycle 7

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Date your period starts

Cycle 8

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Date your period starts

Cycle 9

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Date your period starts

Cycle 10

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Date your period starts

Cycle 11

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Date your period starts

Cycle 12

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