

Caution

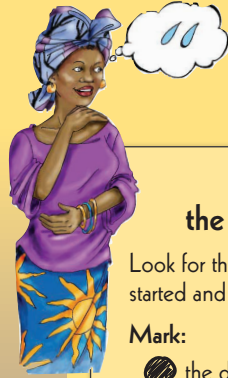
Visit your health center in the following cases:

- If you have difficulty seeing or feeling secretions
- If you or your partner have difficulty avoiding unprotected sex on your fertile days
- If you have secretions for less than 5 days in a row
- If you have secretions for more than 14 days in a row
- If your period has not started and you think you may be pregnant
- If you need a new card

Remember

Bring your client card with you when you visit your provider.

Client Card



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
- X the days you have secretions

Remember to mark every night before going to bed.

When can you get pregnant?

- X
- X
- X X
- X ○



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

When is pregnancy unlikely?

- ●
- ○
- ○



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

Date your period starts →

Cycle 1

Sun	
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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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- X X
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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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