#### 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.



# How to Use the TwoDay Method

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

the days you have your period

O 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?













# When is pregnancy unlikely?



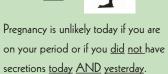
unprotected sex today.





Client Card





Date your period starts Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Fri Sat Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Fri

Sat

Date your period starts Mon Wed Mon Tues Wed Thurs Sun Mon Tues Wed Thurs Sat Mon Tues Wed Thurs Sun Mon Tues Wed Thurs Mon Tues Wed Thurs Fri

Sat

Date your period starts Sun Mon Tues Wed Thurs Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Sat Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Sat Mon Tues Wed Thurs Fri Sat

Date your period starts Sun Mon Tues Wed Thurs Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Fri Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs

Fri

Sat



Date your period starts			
49	Sun		
O	Mon		
7	Tues		
yel	Wed		
Ú	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		

Date your period starts		
Date your period starts		
	=	
	Sun	
0	Mon	
J	Tues	
	Wed	
U	Thurs	
	Fri	
	Sat	
	Sun	
	Mon	
	Tues	
	Wed	
	Thurs	
	Fri	
	Sat	
	Sun	
	Mon	
	Tues	
	Wed	
	Thurs	
	Fri	
	Sat	
	Sun	
	Mon	
	Tues	
	Wed	
	Thurs	
	Fri	
	Sat	
	Sun	
	Mon	
	Tues	
	Wed	
	Thurs	
	Fri	
	Sat	
	Sun	
	Mon	
	Tues	
	Wed	
	Thurs	
	Fri	
	Sat	

Date your period starts			
00	Sun		
67	Mon		
	Tues		
	Wed		
Ú	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		

D				
Date your period starts				
0	Sun			П
0	Mon			П
	Tues			П
	Wed			П
U	Thurs			П
	Fri			П
	Sat			
	Sun			
	Mon			П
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Mon			
	Tues			
	Wed			П
	Thurs			
	Fri			П
	Sat			
	Sun			П
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Mon			
	Tues Wed			
	Thurs			
	Fri			
	Sat			

Date your period starts			
	~ <u></u>		
9	Sun		
	Mon		
0	Tues		
J	Wed		
	Thurs		
5	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Jat		

Date	our perio	d starts		
Date your period starts				
=	Sun			
(1)	Mon			
	Tues			
ycle	Wed			
U	Thurs			
	Fri			
	Sat			
	Sun			
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Mon			
	Tues			
	Wed			
	Thurs			
	Fri			
	Sat			
	Sun			
	Mon			
	Tues			
	Wed	igsqcup		
	Thurs	igsqcup		
	Fri	igsqcup		
	Sat			

Date your period starts			
61	Sun		
-	Mon		
O	Tues		
J	Wed		
7	Thurs		
U	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		
	Sun		
	Mon		
	Tues		
	Wed		
	Thurs		
	Fri		
	Sat		

#### 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.

# Two Day 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
- O the days you do not have secretions
- **X** the days you have secretions

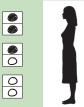
Remember to mark every night before going to bed.

# When can you get pregnant?



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.

Client Card

Date your period starts

Mon Tues Wed Thurs Sat

Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs

Sat Sun Mon Tues Wed Thurs Fri Sat Sun Mon Tues Wed Thurs

Sat Sun Mon Tues Wed Thurs Fri Sat

Date your period starts

Mon

Wed

Mon Tues

Wed Thurs

Sat

Mon

Tues

Wed

Thurs

Sun

Mon

Tues

Wed

Thurs

Thurs

Fri

Sat

Sun Mon Tues Wed Thurs

Tues Wed Thurs Sat

Mon Tues Wed Thurs

Sat Mon Mon Tues Tues Wed Wed

> Thurs Fri Sat

Date your period starts

Sun

Mon

Tues

Wed

Thurs

Sun

Mon

Tues

Wed

Thurs

Sat

Sun

Mon

Tues

Wed

Thurs

Sat

Mon

Sun

Date your period starts

Sun Mon Tues Wed Thurs

Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Sat Sun Mon Tues Wed Thurs Fri

Sun Mon

Tues Wed

Thurs

Sat Sun

Mon Tues

Wed

Thurs Fri

Sat