

# Summary Chart of Natural Methods of Family Planning

Single Indicator Methods		Cervical Mucus Tissue Exam Sensation	Temp	Cervix	Fertility Monitor	Calendar Count	Comments
Billings Ovulation Method®	<a href="http://boma-usa.org">boma-usa.org</a>						Taught in two classes with follow up appointments scheduled until clients are confident. Emphasis placed on sensation.
FertilityCare™	<a href="http://fertilitycare.org">fertilitycare.org</a>						Taught over nine sessions (one introductory and eight follow ups) Standardized for medical evaluation as needed.
Family of the Americas	<a href="http://familyplanning.net">familyplanning.net</a>						Simplified BOMA method, available in 21 languages.
Two Day Method	<a href="http://twodaymethod.htm">twodaymethod.htm</a>						Taught in one session where the woman learns how mucus present today or yesterday equals fertility.
Multi-Indicator Methods							
Couple to Couple League	<a href="http://ccli.org">ccli.org</a>						Three class series with follow up taught live in person or online. Teaches relationship between cervical fluid and temperature.
Sympto-Pro Northwest Family Services	<a href="http://nwfs.org">nwfs.org</a>						3 class series with follow up taught in a variety of learning formats. Teaches relationship between cervical fluid and temperature.
Marquette Method	<a href="http://nfp.marquette.edu">nfp.marquette.edu</a>						This is the only method that includes information gathered from urinary assay. Variety of learning formats offered.

