

## FOUNDING PRINCIPLES



"My body is me, I listen to what it tells me". To know it better is to discover the marvel that I am!

### Aims

To facilitate your daily recordings, so that you can learn self-observation and discover your fertility and your cycles (progressive development of the cycle from puberty onwards, personal profile of fertility signs, ovulation period, predictable date of next period, variations in mood and physical condition linked to hormonal changes, impact of certain events on the progress of the cycle, possible abnormalities, etc.).

### How to observe myself

What I feel at the vulva without looking (SENSATION): during my daily activities (walking, stairs, ...) or by contracting/releasing the perineum several times (Kegel exercise).

What I see (OBSERVATION): what flows from the vulva, on underwear, in the loo, on loo paper (which I can fold/unfold to assess the elasticity of any secretion). **Do not look for anything inside the vagina.**

Caution: in the event of abnormal discharge (dirty or foul-smelling) and/or pain, itching, small sores near the vulva, etc., consult a doctor so as not to overlook an infection (sexually transmitted or other), which needs to be treated very quickly.

### How to record it

**Daily observations**: record **the most fertile sign of the day** IN THE EVENING (SENSATION and OBSERVATION).

Select **Start new cycle** on 1st day of menstruation, otherwise continue current cycle.

Among the possible notes, #1 and #2 are two types of events of your choice, always the same, and → corresponds to travel or unusual schedules (jet lag or late bedtime the night before, night shift, interrupted night,...). You can also record your basal body temperature (taken at the same time every day, before getting up) to observe its rise in the 2nd part of the cycle.


### Cycle overview

The **Cycles** tab summarises the cycle in a table, adding colours by default, but which **do NOT correspond to fertile or infertile periods of the cycle**.

Clicking on a line allows you to reread a note or, with the help of your tutor, to manually interpret the cycle (see next page: **Advanced Guide** § 4).

### Retention of recordings

The data will only appear on your device (**lost cell phone = lost data**).

Tip: **Export your cycles as PDF** files ( 

**CONDITIONS OF USE**: I have read the above points and understand that **this application** will help me record my daily observations during my menstrual cycles, but **is in no way sufficient on its own to avoid** (or promote) **pregnancy**. I understand that if this were my goal, I would need to undergo **in-depth training with an instructor** specializing in natural birth control.