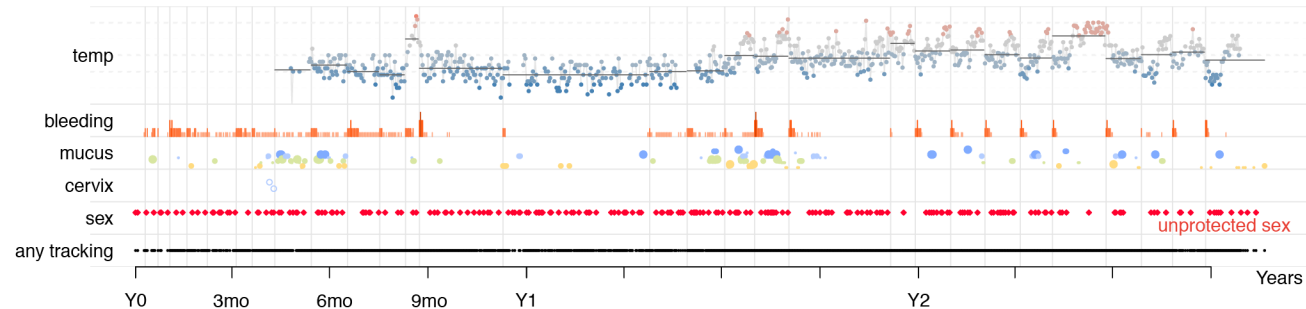
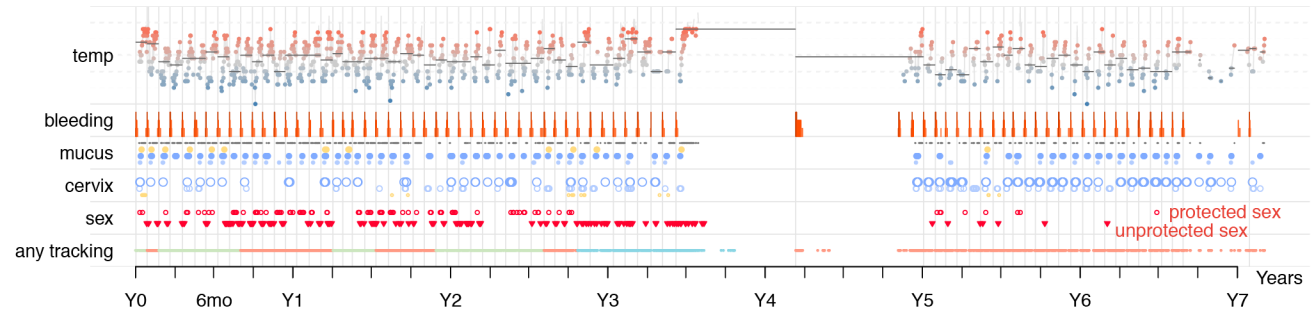


A Fertility awareness history - example from a Kindara user



B Fertility awareness history - example from a Sympto user

User S1



Sympto goal ■ Contraception ■ Observation ■ Conception
(self-reported reproductive objectives at each cycle)

Mucus ■ High fertility ■ Low fertility ■ Sticky ■ None ■ Creamy (Kindara only)
Cervix ■ Open/Soft ■ Medium ■ Closed/low