

TwoDay Method®

MARKING CALENDER





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TwoDay Method®

This natural method of family planning helps a woman know the days she is fertile or infertile by checking for secretions. It is more than 96% effective in preventing pregnancy, when used correctly.

Who can use TwoDay Method

Any woman in her reproductive years who has healthy secretions and can abstain when the secretions are present. Healthy secretions are not smelly, itchy or irritating.

How to use TwoDay Method

She checks.

The woman checks her secretions a few times (at least twice) in a day and in the evening before going to bed.

She marks.

☒ The days you have your period ☐ The days you do not have secretions ☒ The days you have secretions

she identifies if she is fertile or infertile by asking herself two questions

Did I note secretions Today? Did I note secretions Yesterday?

Two consecutive days with no secretions are considered safe days

When can you get pregnant?



Pregnancy is likely if you had secretions
⊗ today **or** yesterday. Do not have sex today.

When is pregnancy unlikely?



Pregnancy is unlikely today if you are on your period
if you **did not** have secretion **today and yesterday**.

Remember to mark every night before going to bed.

“It’s Natural, Economical, Effective and Safe with no side-effects”

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