



CHARTING YOUR MENSTRUAL CYCLE

(CHARTING EXERCISE BASED ON 28-DAY CYCLE)

- ①
- ⑧
- ⑱
- 28

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HELPFUL TIPS

- > YOU CAN BECOME PREGNANT DURING YOUR MENSTRUAL CYCLE
- > SPERM LIVES IN THE VAGINA FOR 5-7 DAYS AFTER UNPROTECTED INTERCOURSE
- > A NORMAL CYCLE OCCURS MONTHLY BETWEEN 24-32 DAYS
- > YOU CAN USE YOUR CELL PHONE CALENDAR TO CHART YOUR CYCLE

EMERGENCY CONTRACEPTION

PLAN B - One Step - NEXT CHOICE - ELLA - Aftera - Take Action - My Way - Stix Restart

[take within 72 to 120 hours depending on the brand]

- > MOST EFFECTIVE WHEN USED CLOSEST TO MOMENT OF UNPROTECTED SEX
- > NOT TO BE USED IN PLACE OF A BARRIER METHOD (ie. Internal/external condom)
- > DOES NOT PROTECT AGAINST Sexually Transmitted Infections
- > DO NOT NEED A PRESCRIPTION TO BUY

CHARTING LEGEND

	PERIOD
	OVULATION
	PRE/POST OVULATION
	SAFE ZONE