

## 1. Mucus-Only Method

**Creighton Model:** Women are taught to observe the sensation produced by cervical mucus and to observe the appearance of any mucus collected. They then compare what they observe to a standardized 'menu' of mucus descriptions and identify times of fertility and infertility by matching their observations to those provided. For more information: [fertilitycare.org](http://fertilitycare.org) or [popepaulvi.com](http://popepaulvi.com)

## 2. Sympto-Thermal Method

**Couple to Couple League System (CCL):** Women are taught to keep track of three signs of fertility - waking temperatures, changes in the appearance of cervical mucus and changes in the cervix itself and using these three signs to cross-check each other they determine the fertile and infertile parts of each cycle. Several different guidelines for determining the beginning and end of the fertile phase are taught and couples choose for themselves which to follow. Women must take their temperature at the same time every morning after a relatively consistent amount of sleep and internal examinations of the cervix are strongly encouraged. For more information: [ccli.org](http://ccli.org)