

Natural and safe

Exercise Book



Malteser

...weil Nähe zählt.

sensiPLAN

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Working with the exercise book

Choice of topics

Choose which topic you would like to start with, either the one you are most interested in or you work systematically through the program.

Personal training needs

Check first your safety in interpreting charts with the fitness tests and then read the suggestions in the solutions.

working on specific topics

Work section by section before you check your interpretation in the solutions.

Tools

pencil, sharpener, eraser

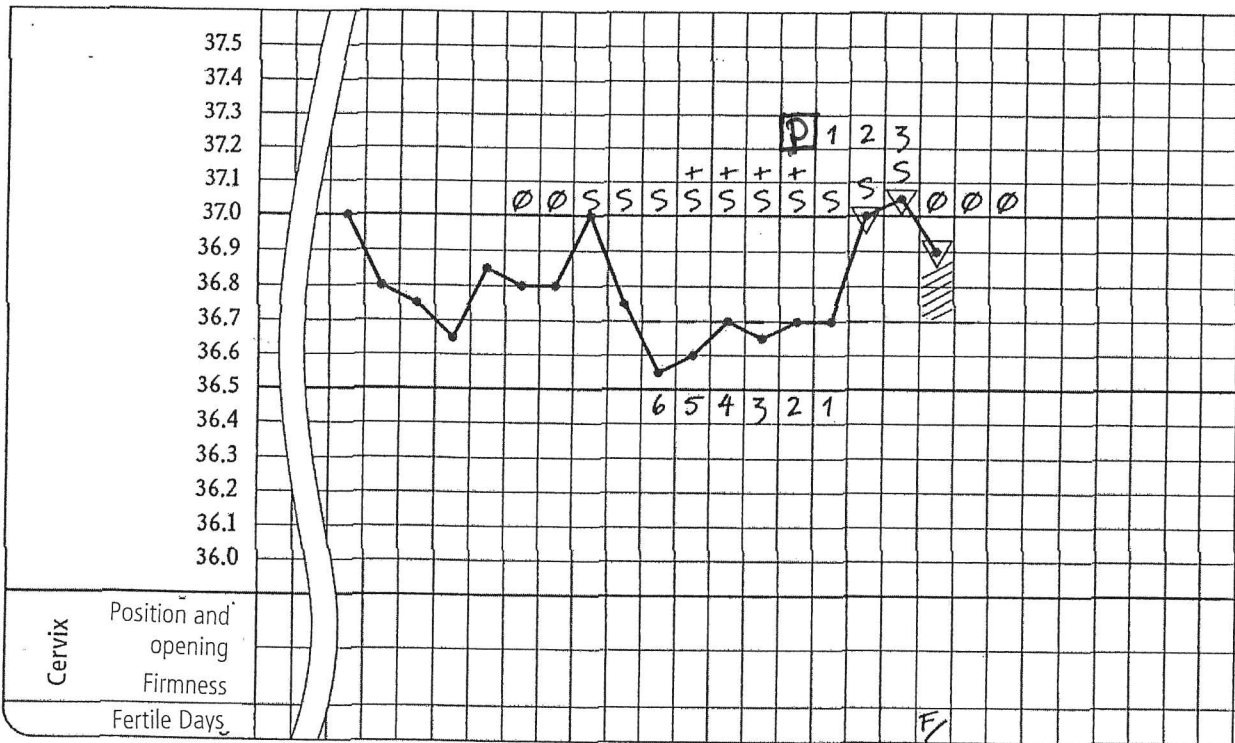
Successful completion

Check your new abilities with a final test.

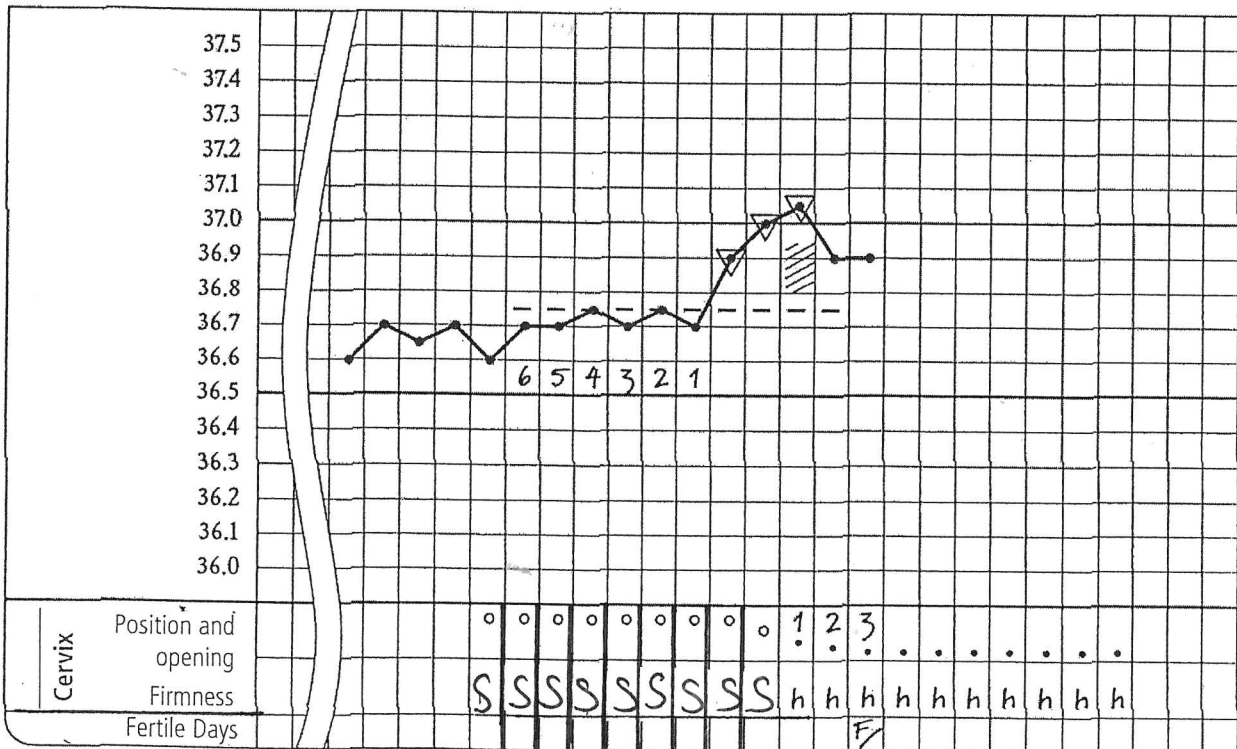


End of the fertile period

Example (1)



Example (2)





Fitness Test

Determine the mucus peaks in the following exercises.

Exercise 32

Exercises	Day of the mucus peak
Exercise 1	day
Exercise 2	day
Exercise 3	day
Exercise 4	day
Exercise 5	day
Exercise 6	day
Exercise 7	day
Exercise 8	day
Exercise 9	day
Exercise 10	day
Exercise 11	day
Exercise 12	day
Exercise 13	day
Exercise 14	day
Exercise 15	day
Exercise 16	day
Exercise 17	day
Exercise 18	day
Exercise 19	day
Exercise 20	day
Exercise 21	day
Exercise 22	day
Exercise 23	day
Exercise 24	day
Exercise 25	day
Exercise 26	day
Exercise 27	day
Exercise 28	day
Exercise 29	day
Exercise 30	day

Exercise 48

		Cycle day	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	32	33	34	35	36	37	38	39	40	
Date:																																											
Menstruation																																											
Mucus	Sensation				moist	moist	moist	lubricating	lubricating	moist	moist					moist	wet	wet	moist					dry	dry		moist	moist	wet				moist	moist									
	Appearance				reddish	—	—	—	stretchable	stretchable	whitish	—				translucent	—	—	—	—	—	—	—	—	—	—	—	thick	murky	murky	—	—	—	—	—	—	—						

Exercise 49

		Cycle day	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	32	33	34	35	36	37	38	39	40				
Date:																																														
Menstruation																																														
Mucus	Sensation											—	—	—	—	moist	"	"			pruritic	"	"	"	"	"	"	"																		
	Appearance											—	whitish	whitish	whitish	whitish	whitish																													

Attention! Final results!

The resolutions and additional tips to learn the cervical mucus peak are in the solutions.

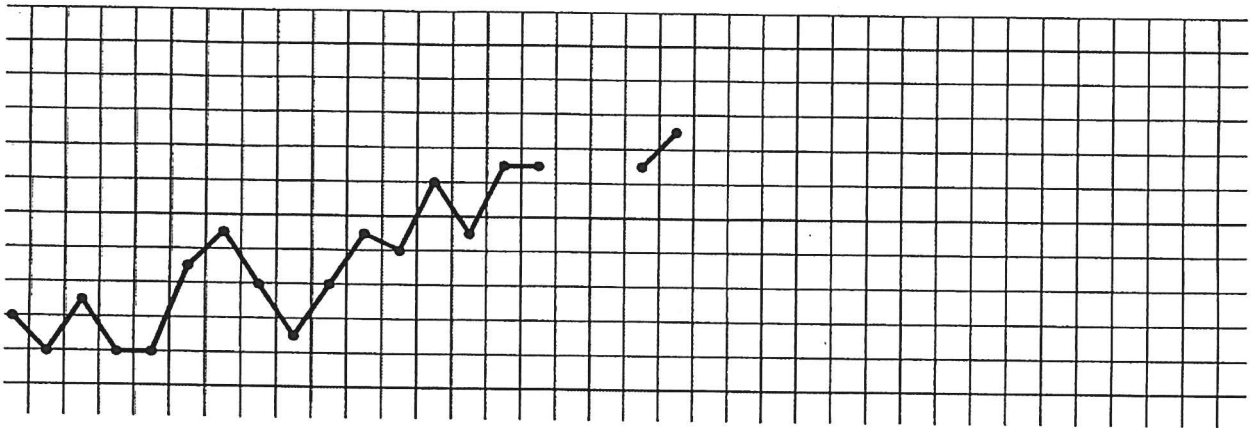


Fitness Test

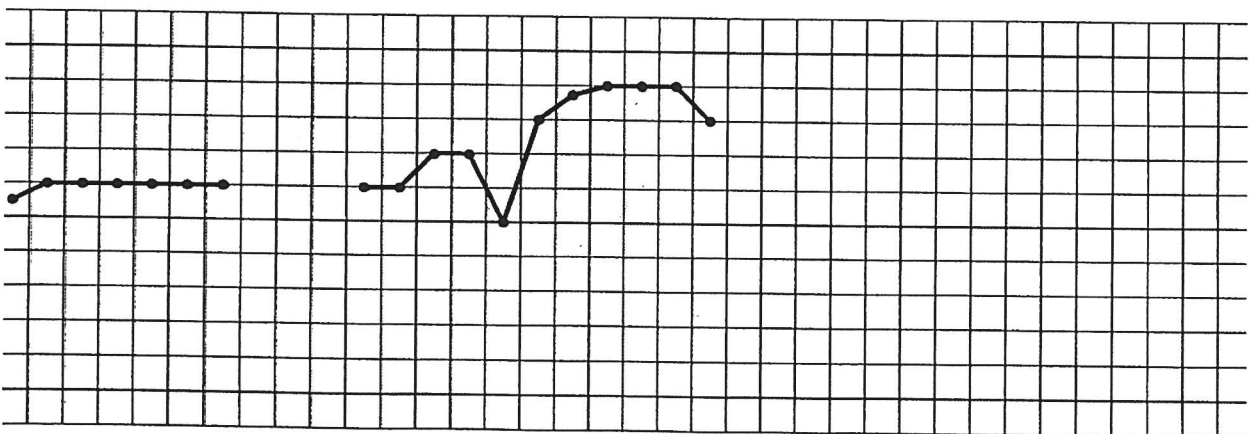
Interpret the following temperature charts.

You will find the resolutions in the solutions as well as an overview of the relevant temperature rules.

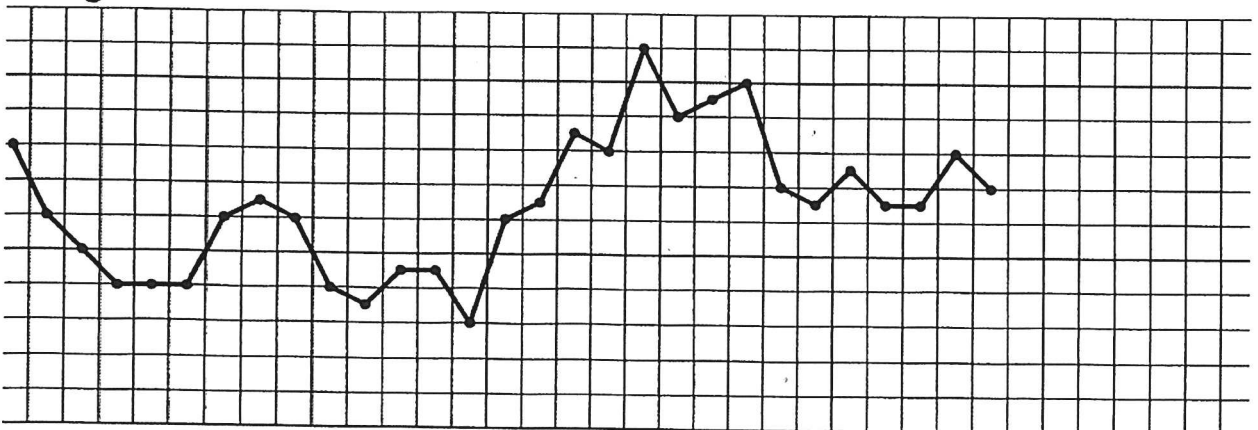
Exercise 50



Exercise 51



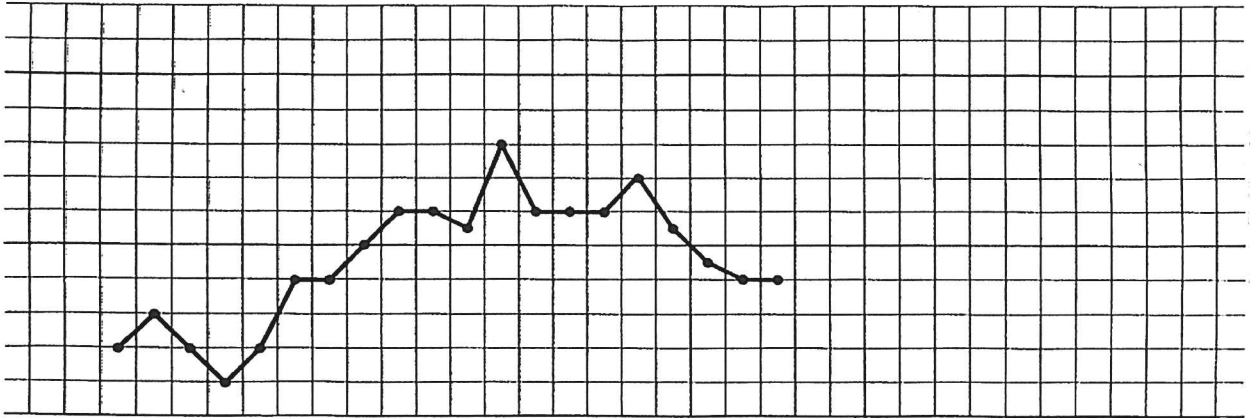
Exercise 52



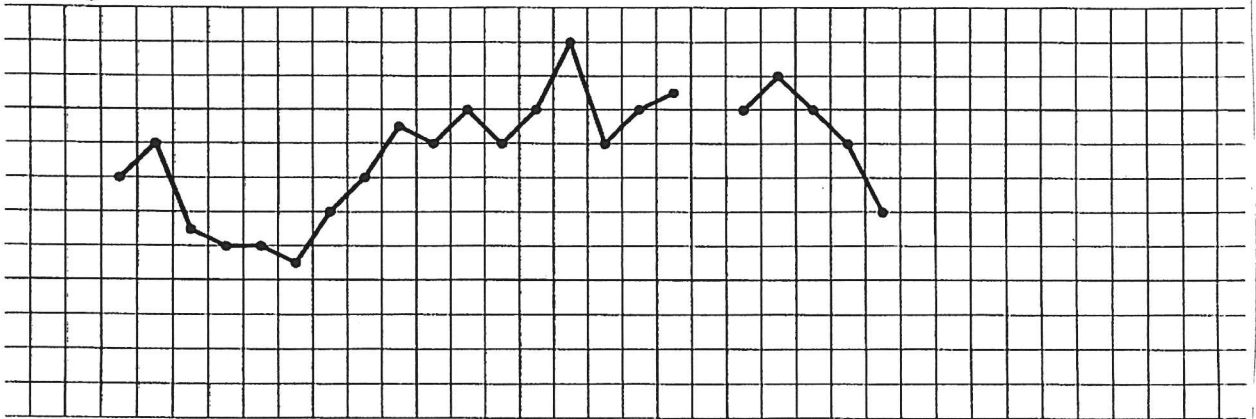


Fitness Test

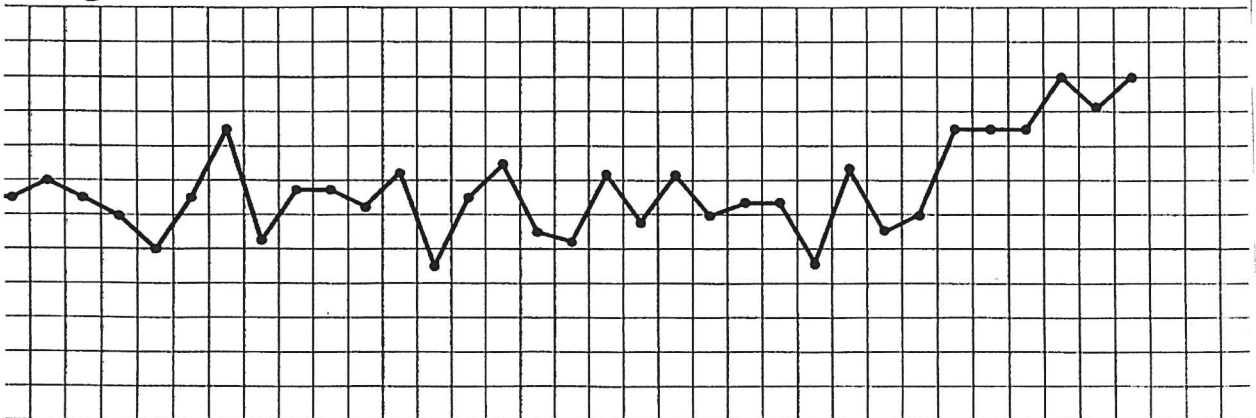
Exercise 53



Exercise 54



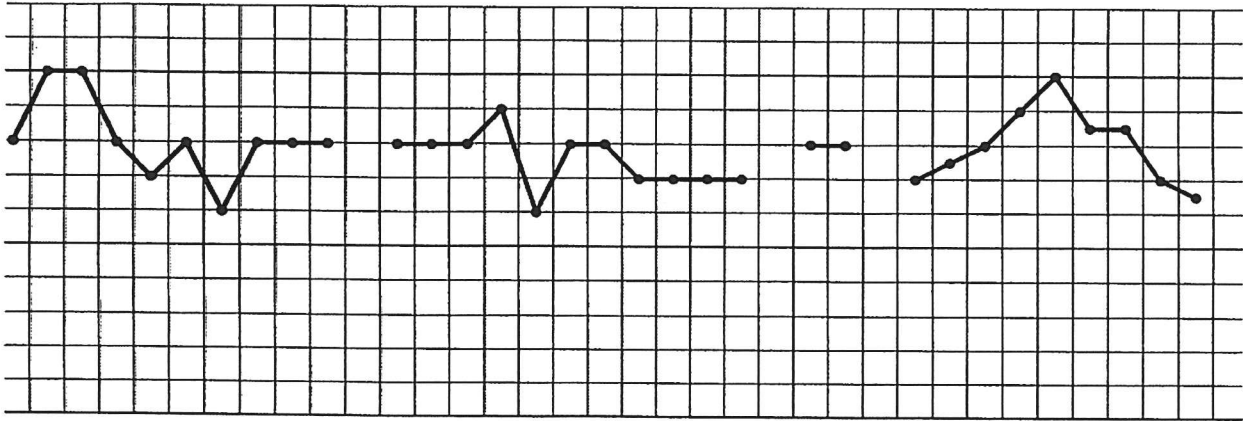
Exercise 55



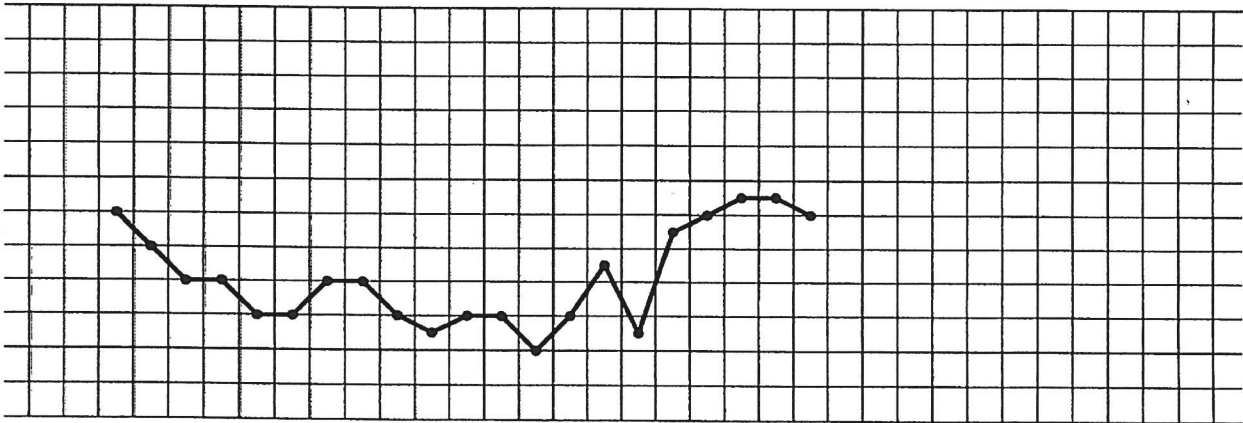


Fitness Test

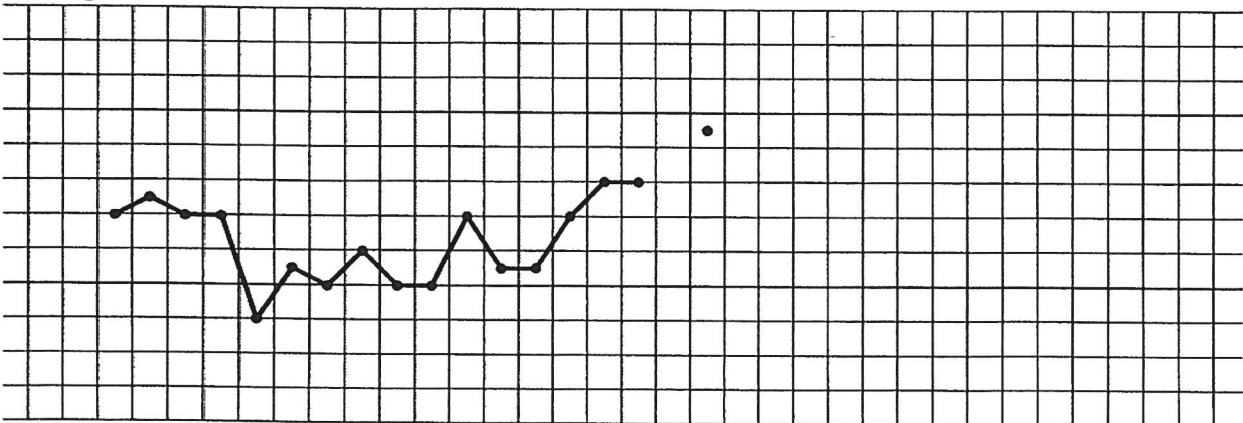
Exercise 56



Exercise 57



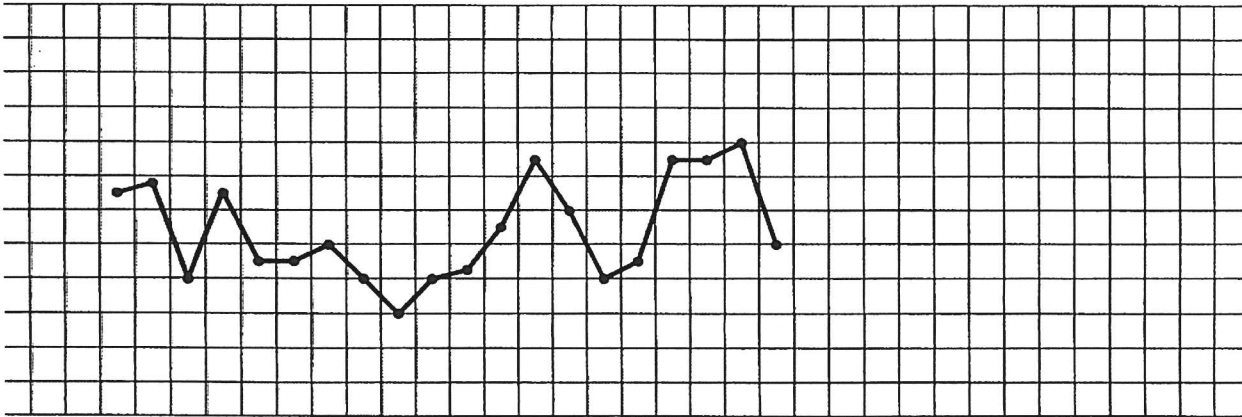
Exercise 58





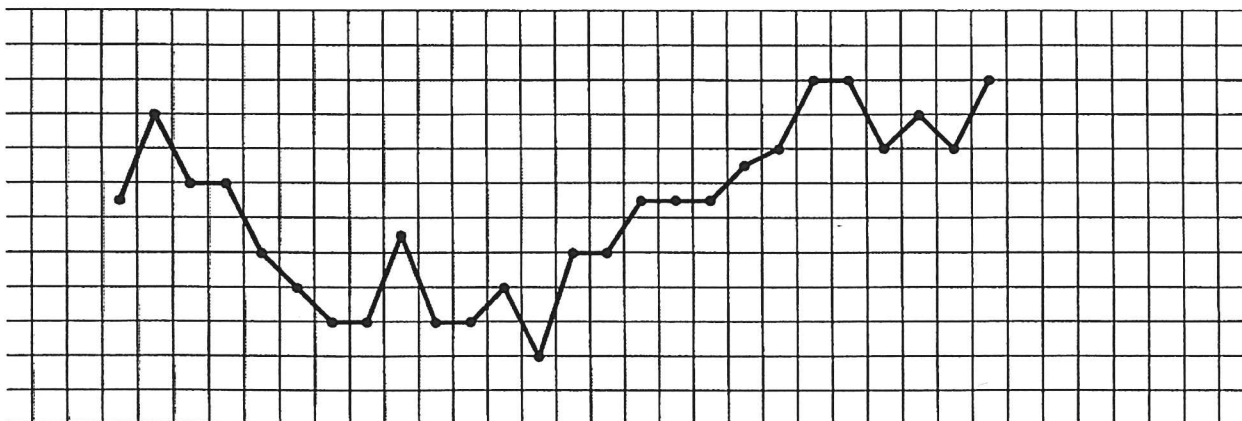
Fitness Test

Exercise 59



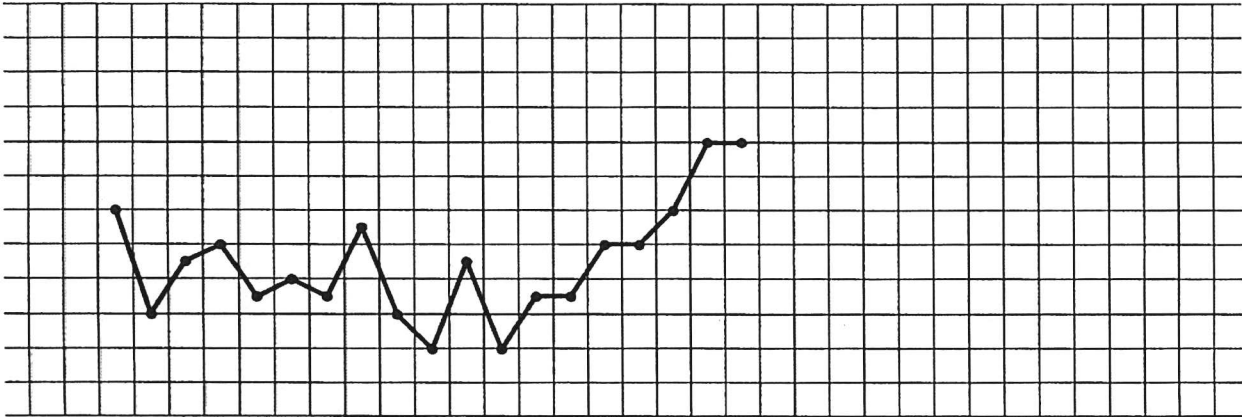
Check your interpretations in the solutions and read the further proceedings.

Exercise 60

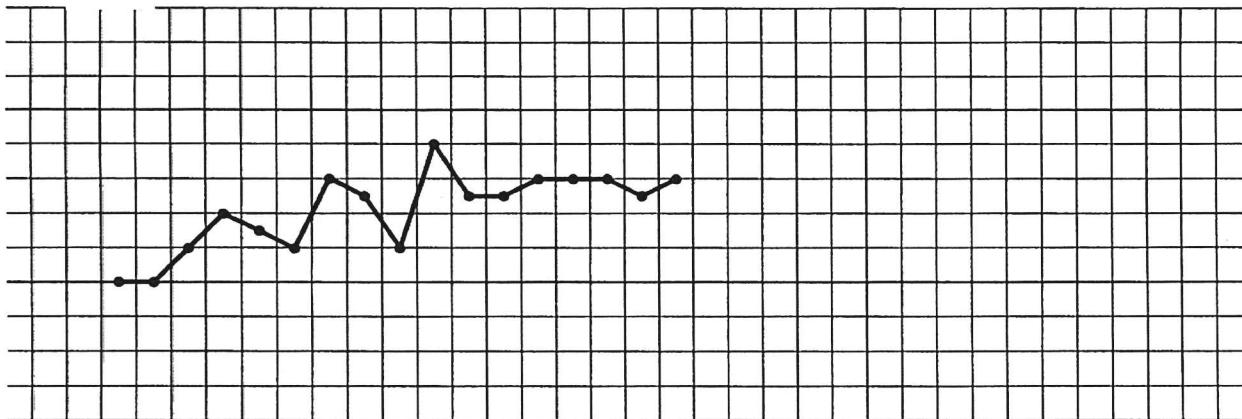




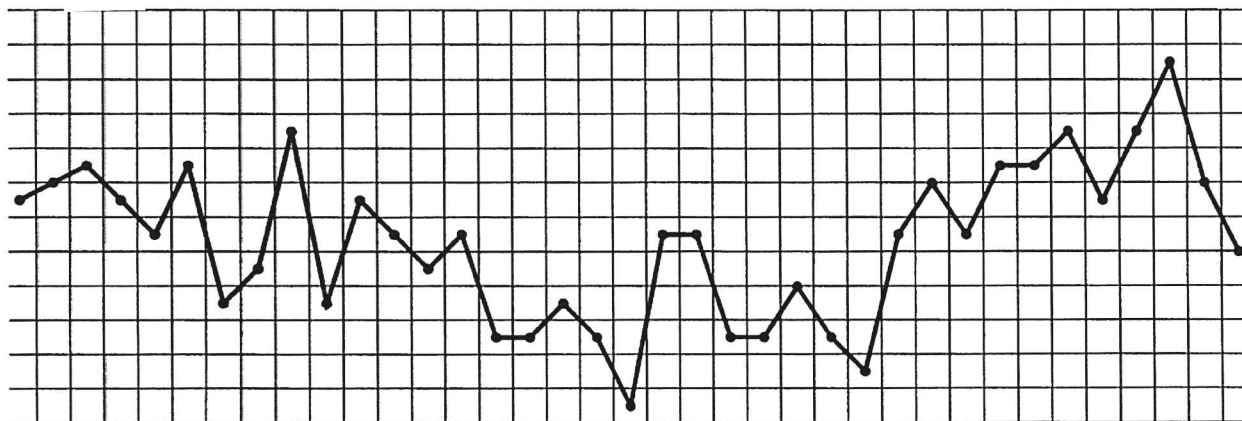
Exercise 61

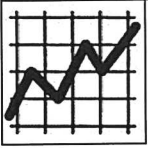


Exercise 62

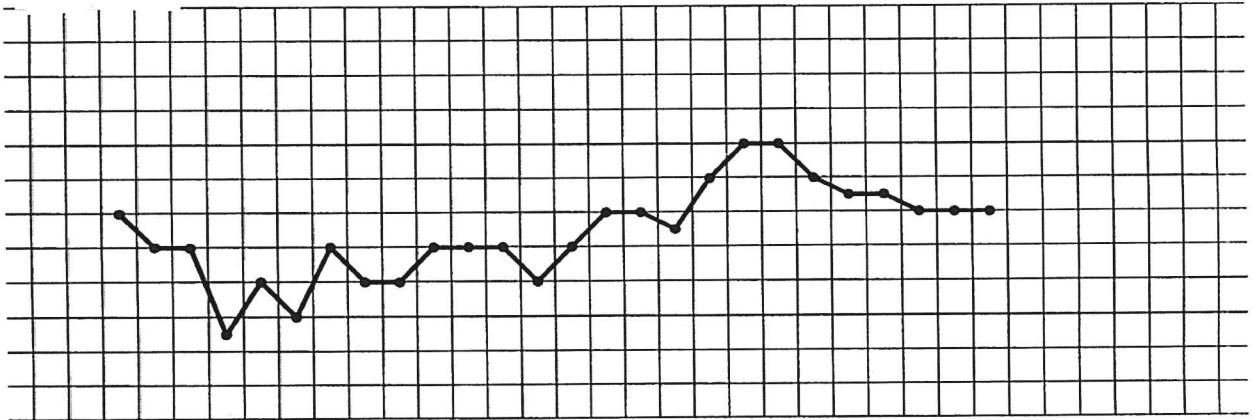


Exercise 63

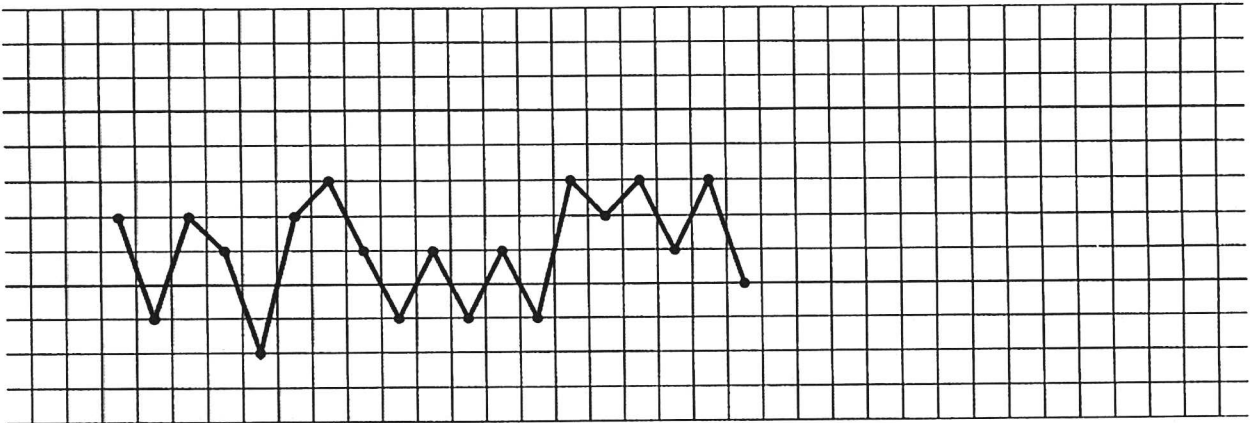




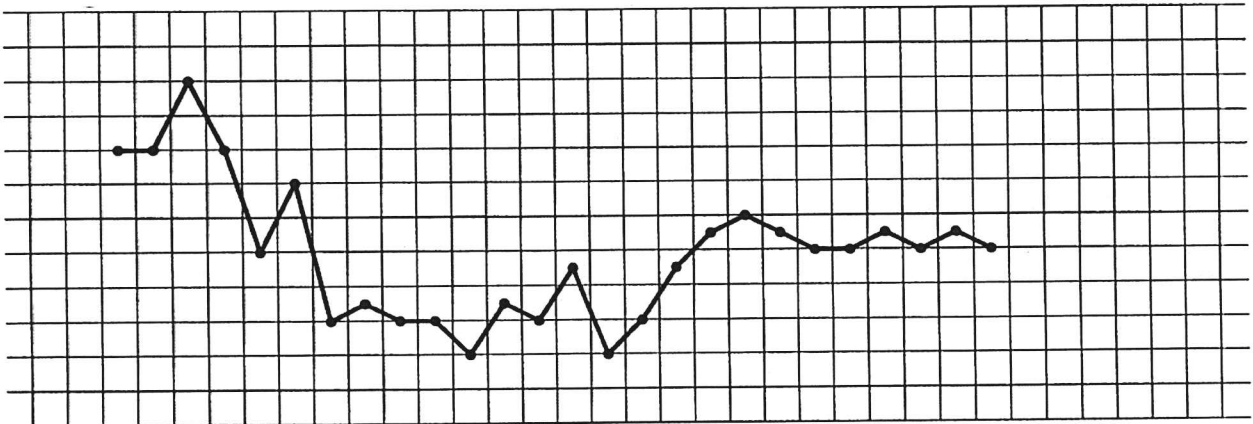
Exercise 64



Exercise 65

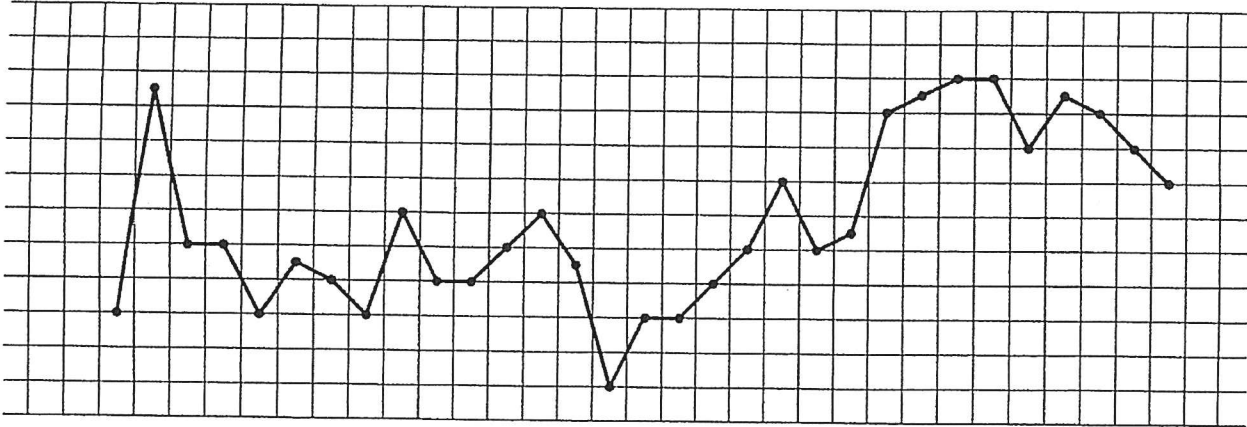


Exercise 66

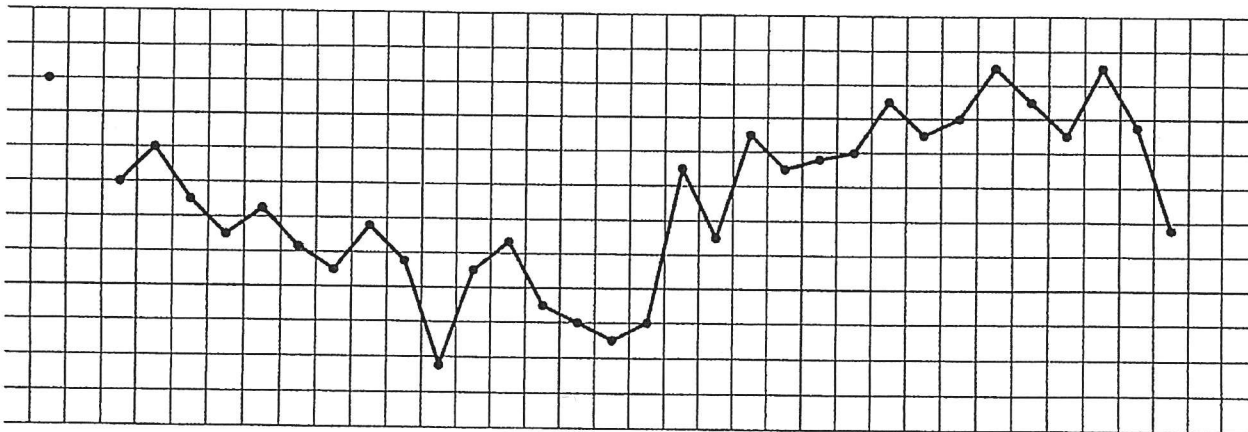




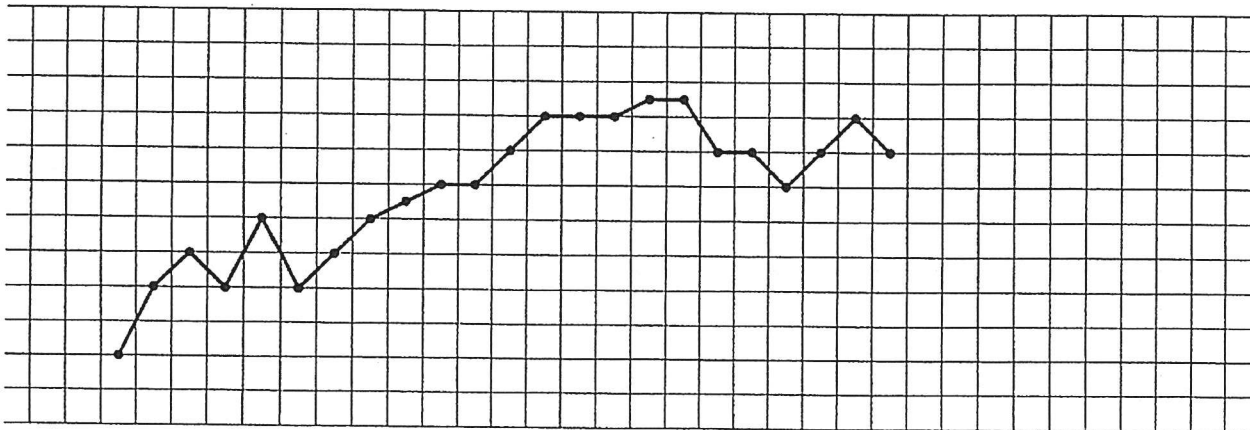
Exercise 67



Exercise 68

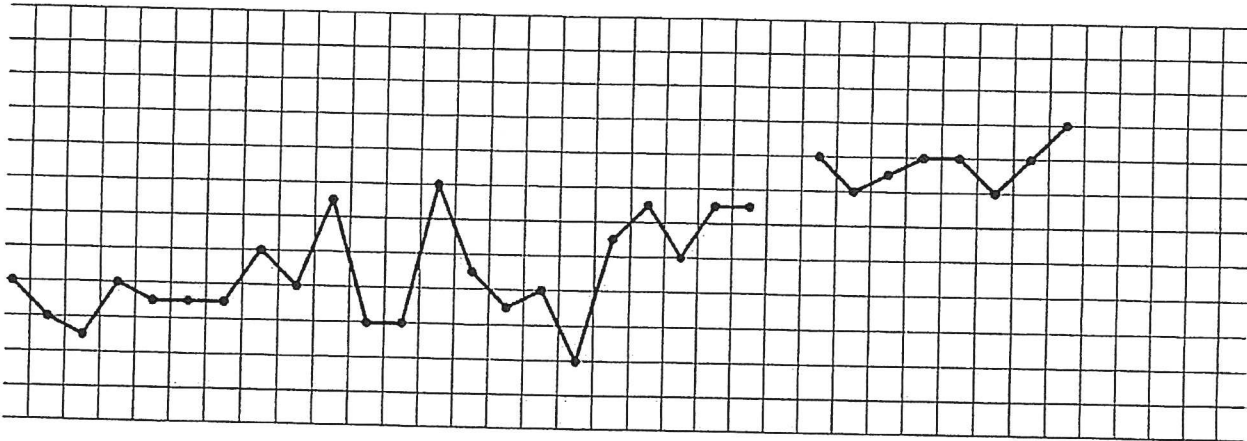


Exercise 69

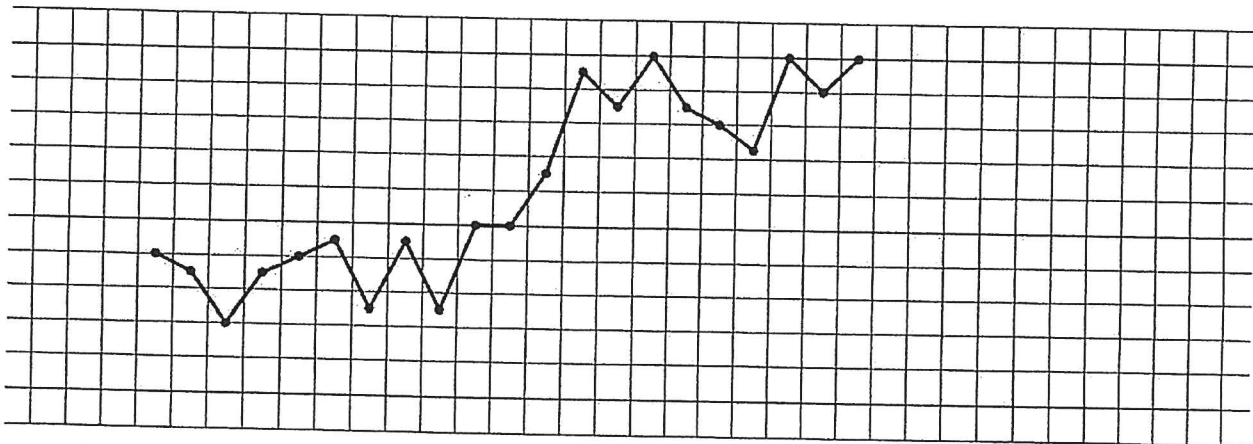




Exercise 70



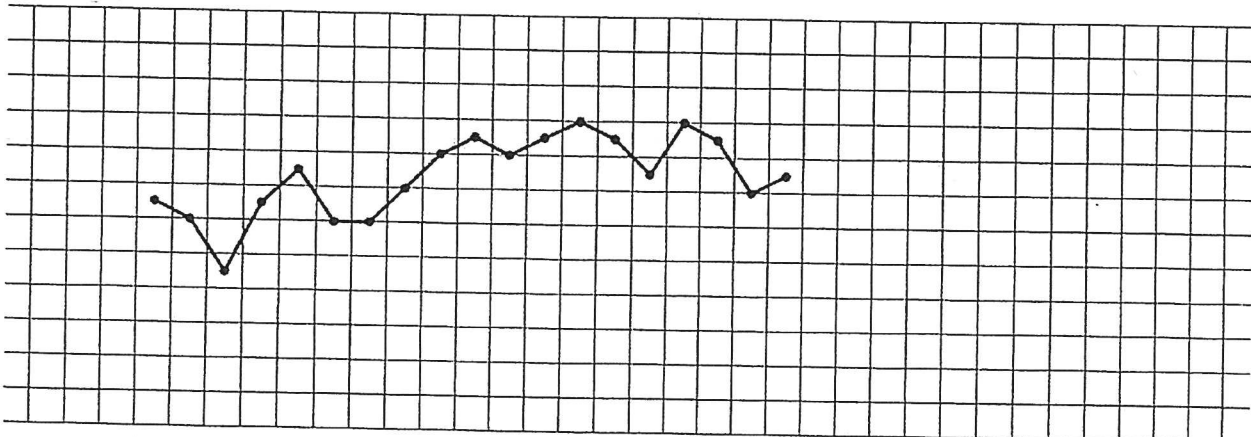
Exercise 71



Attention! Half-time!

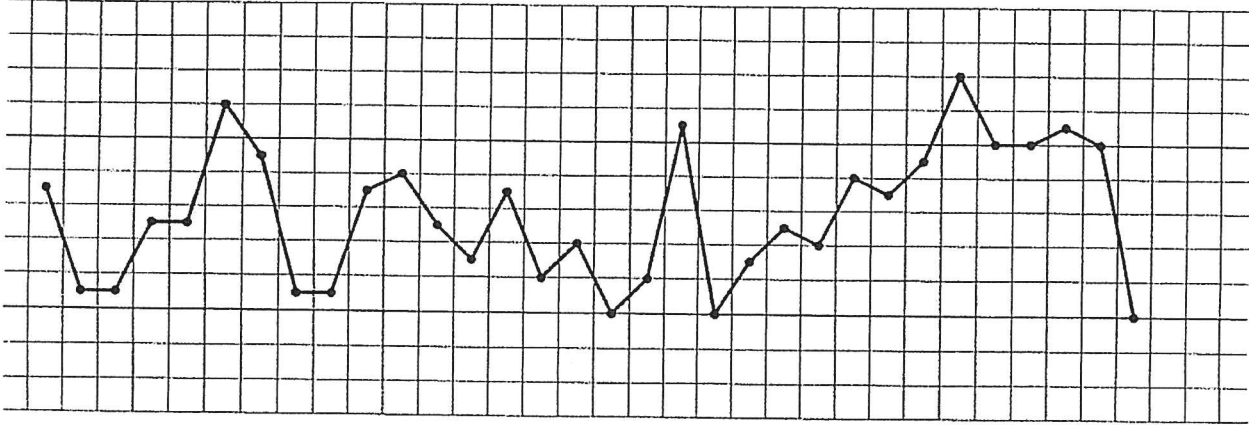
Check your interpretation in the solutions and read the suggestions for further steps.

Exercise 72

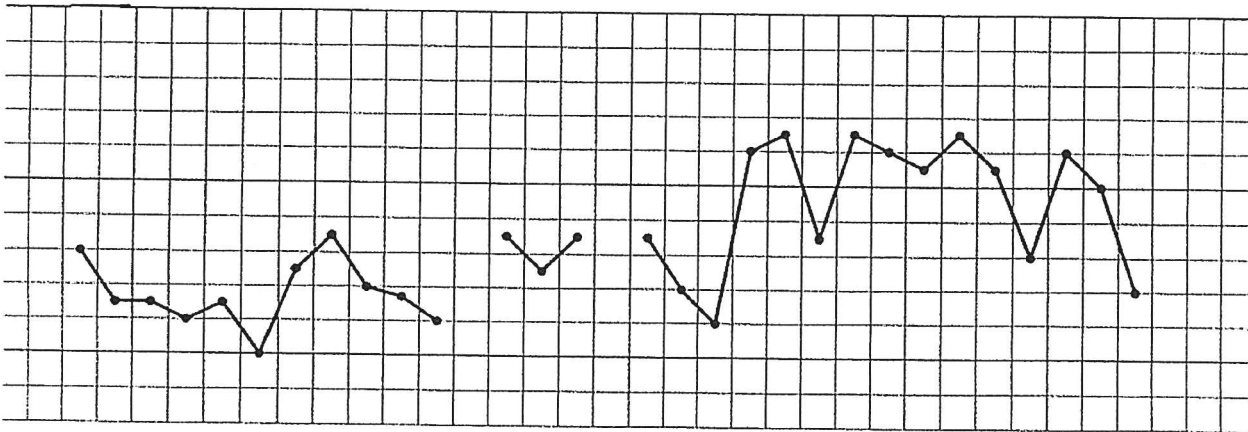




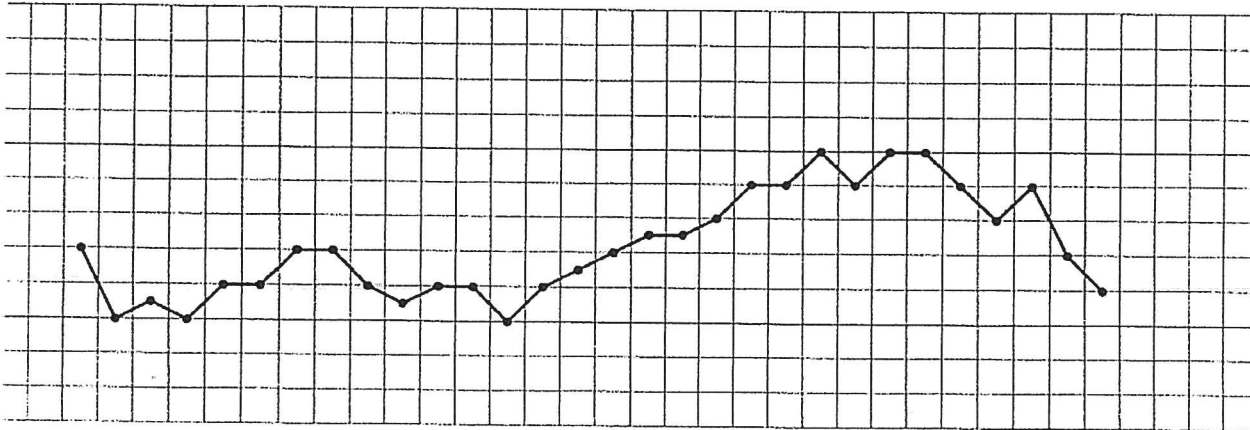
Exercise 73



Exercise 74

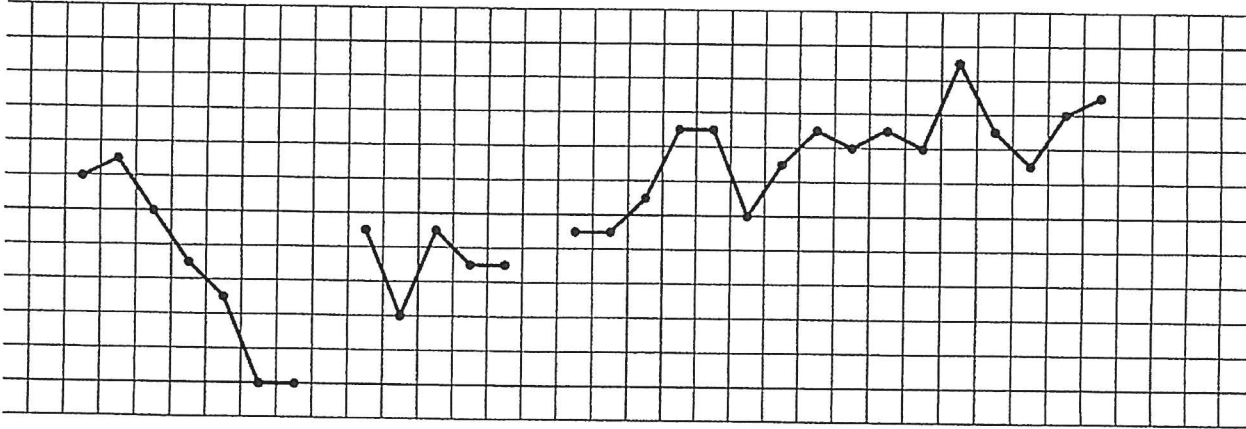


Exercise 75

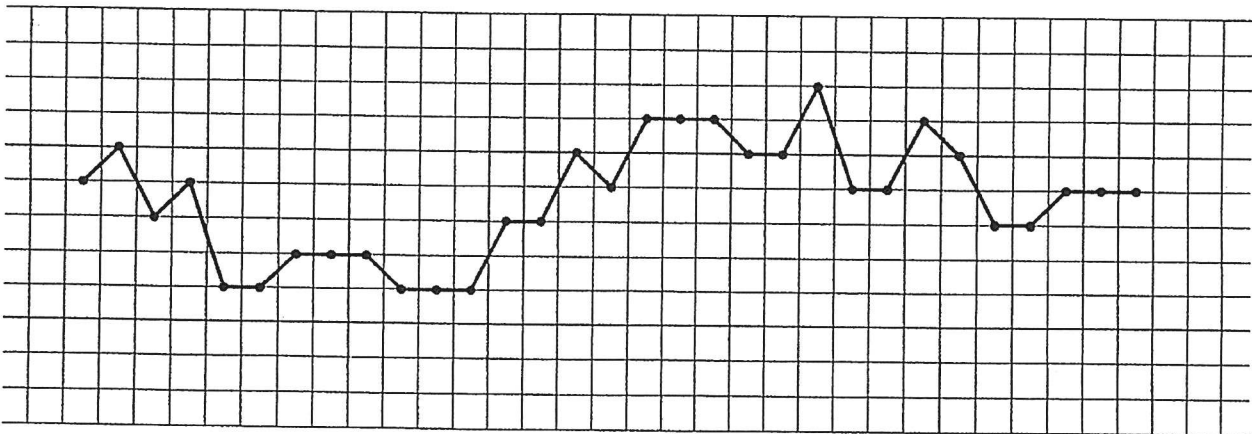




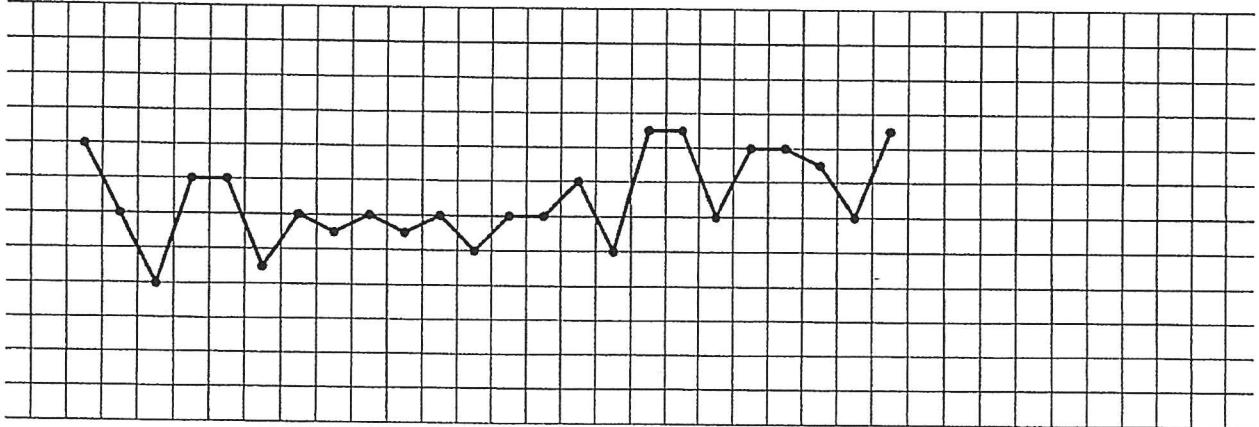
Exercise 76



Exercise 77

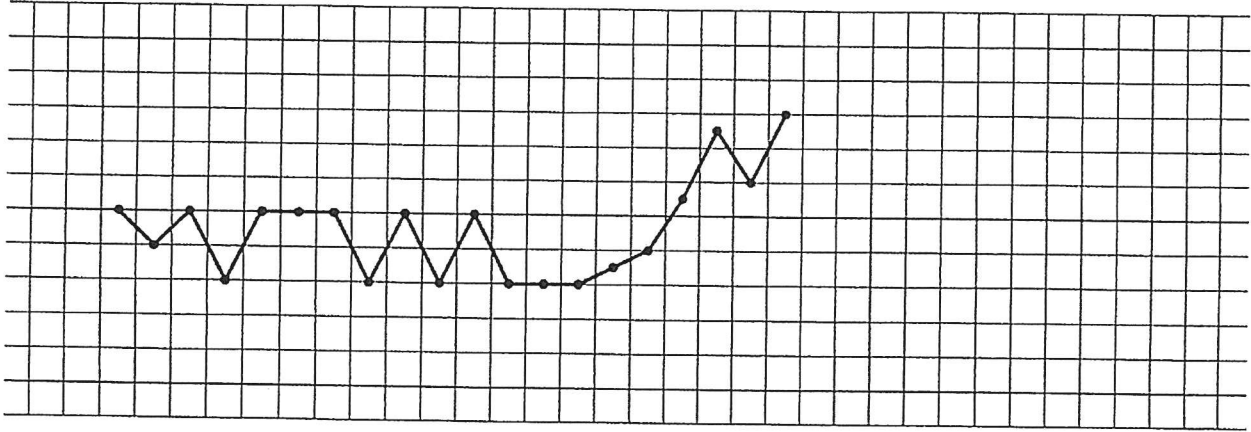


Exercise 78

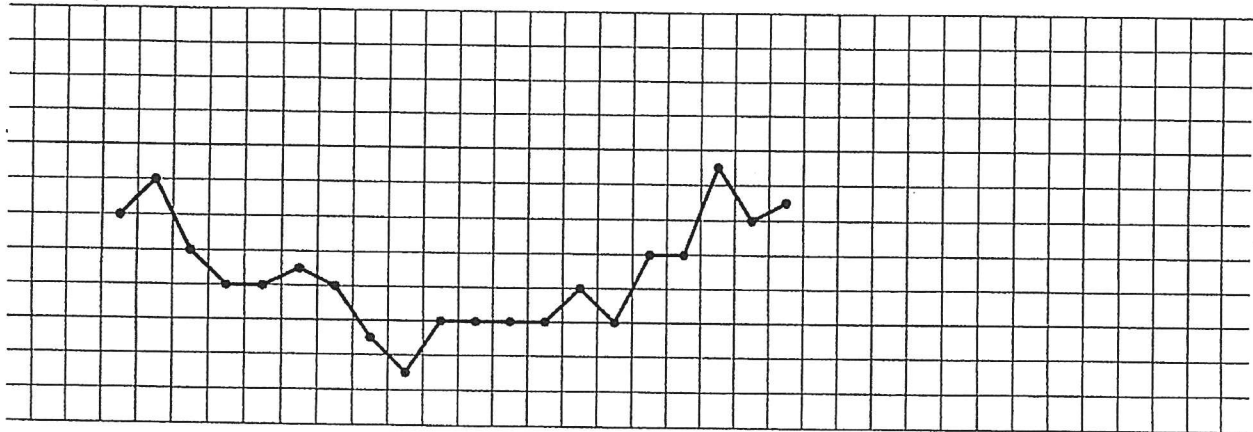




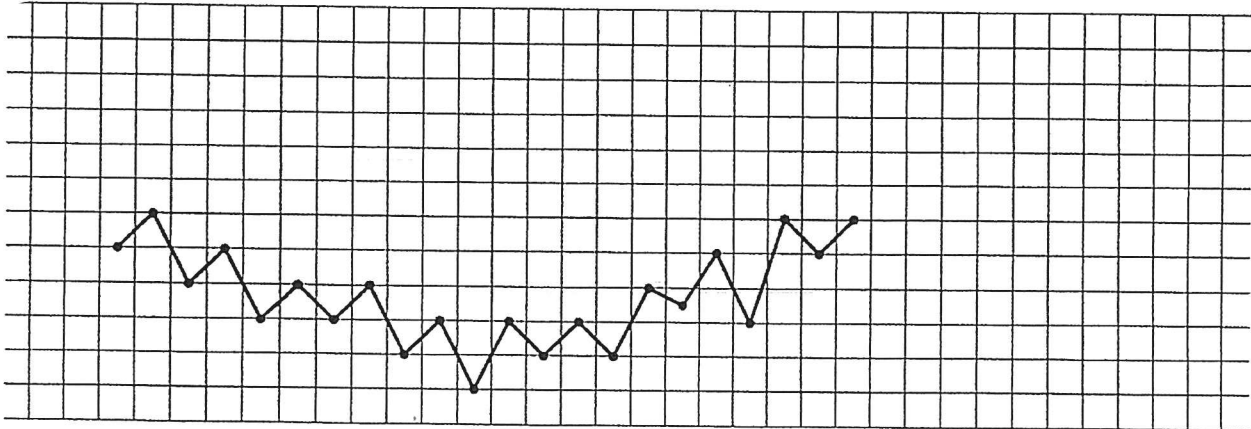
Exercise 79



Exercise 80

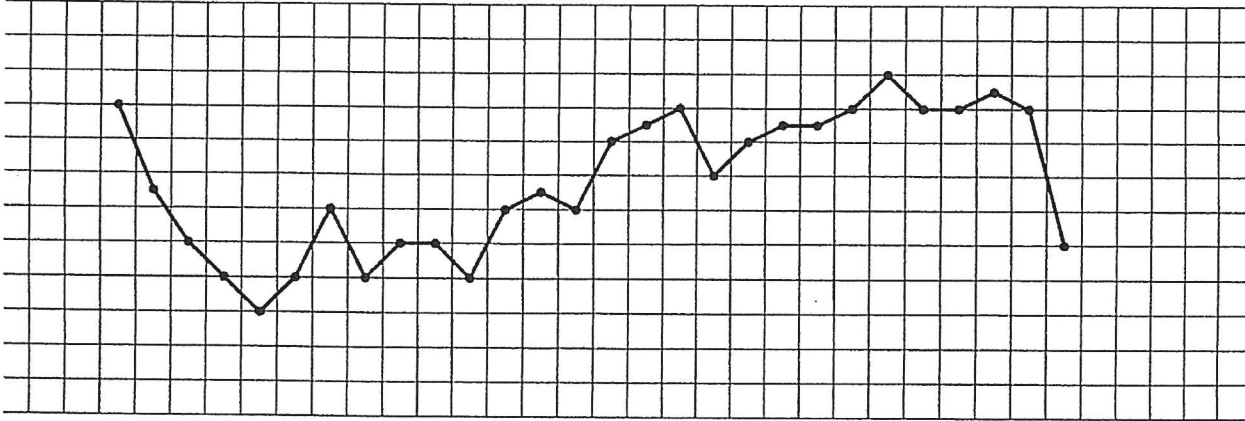


Exercise 81

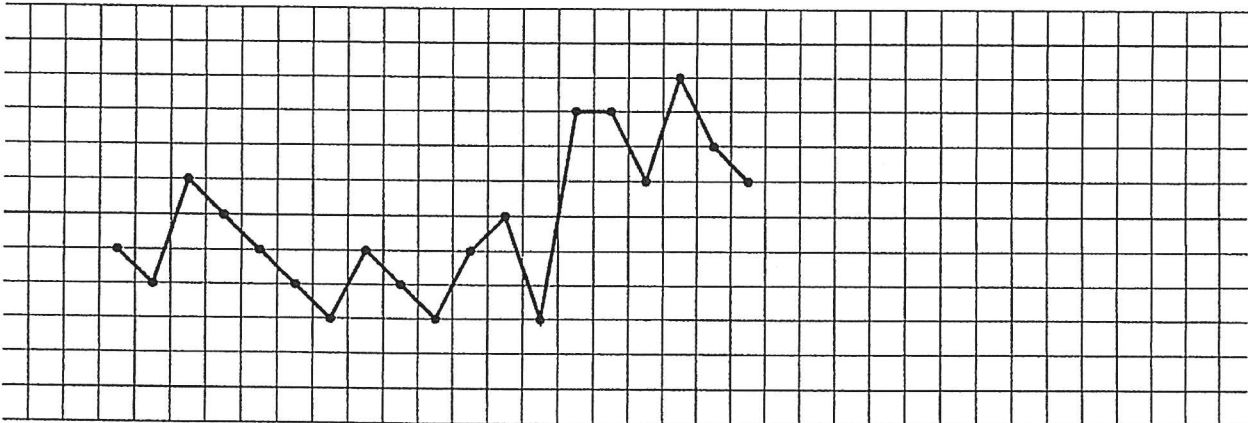




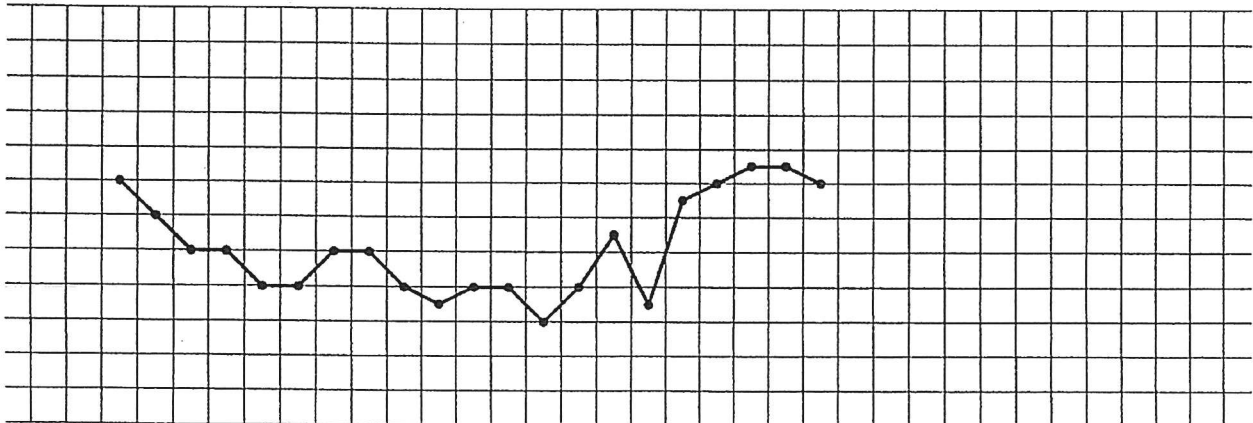
Exercise 82



Exercise 83



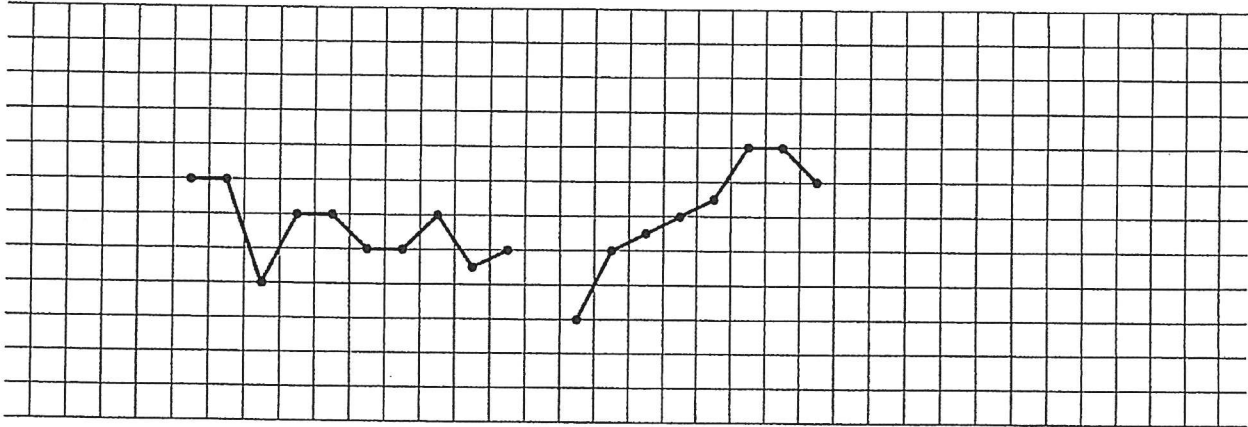
Exercise 84



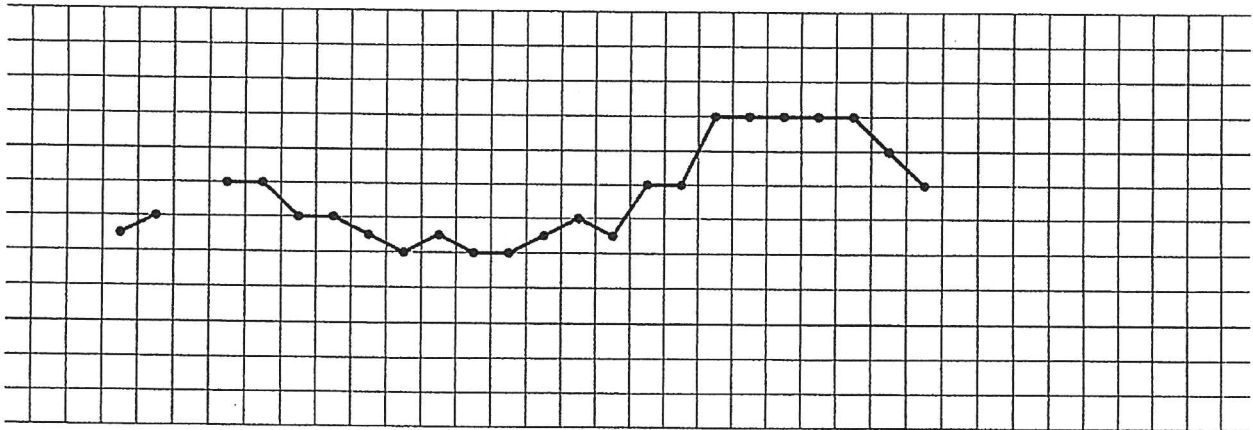


Interpret the following temperature curve and check it in the solutions.

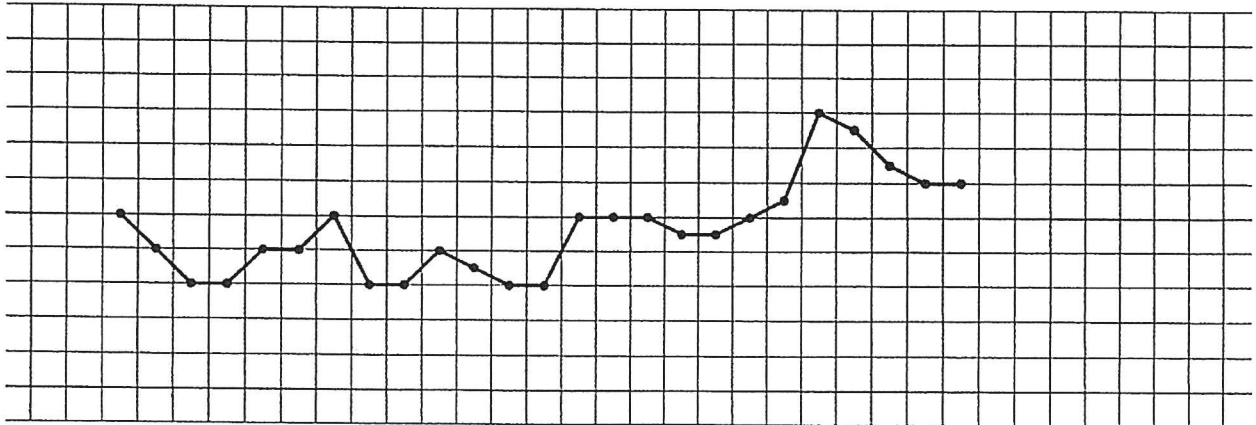
Exercise 86



Exercise 87

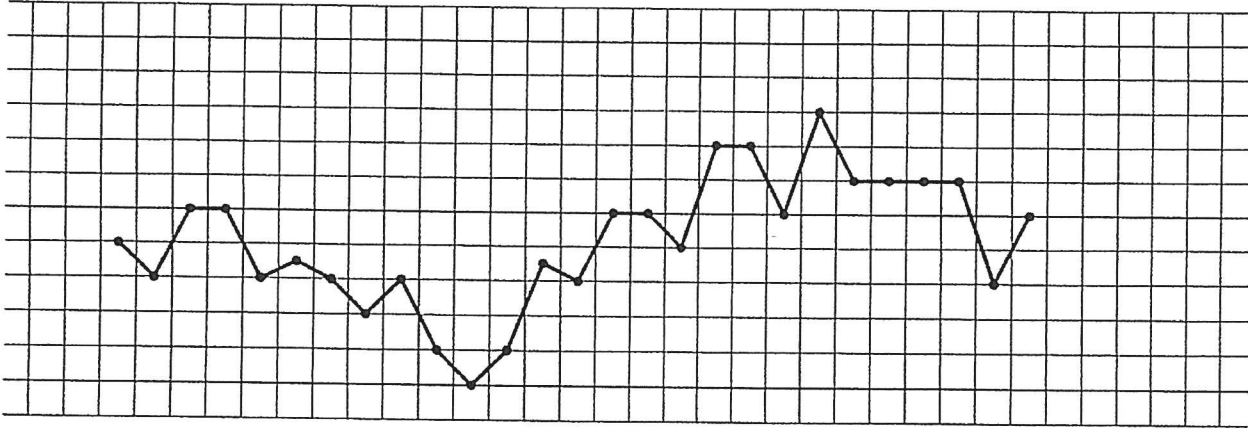


Exercise 88

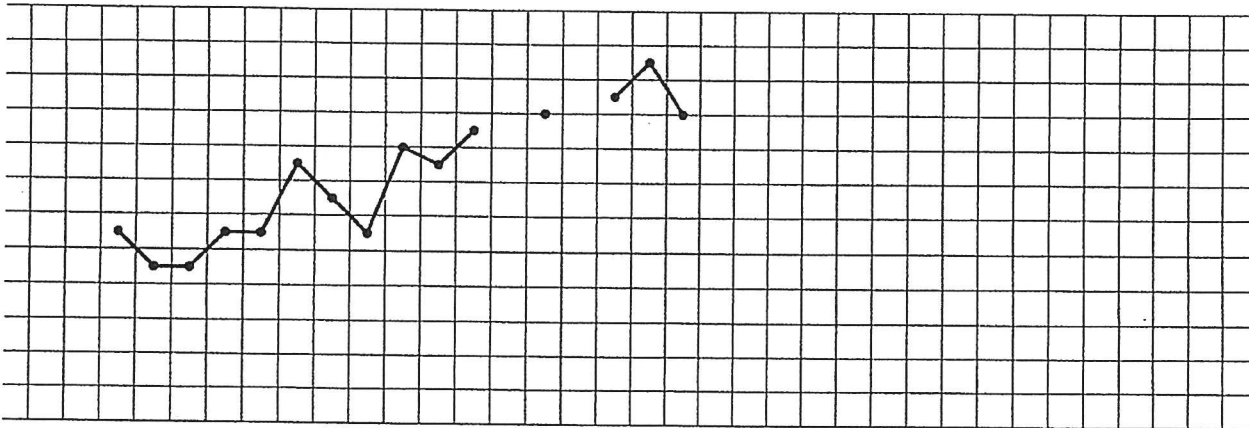




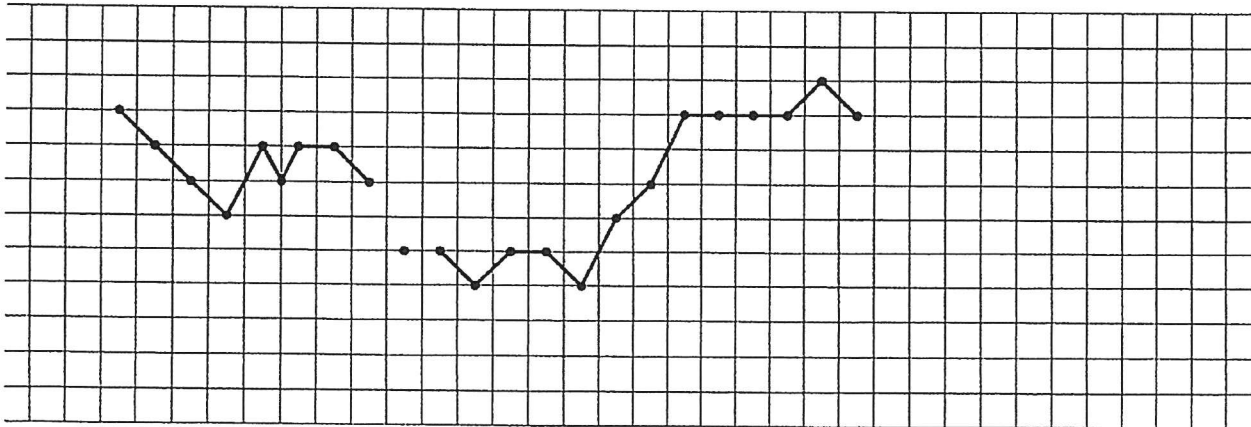
Exercise 89

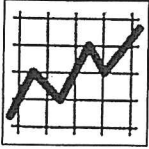


Exercise 90

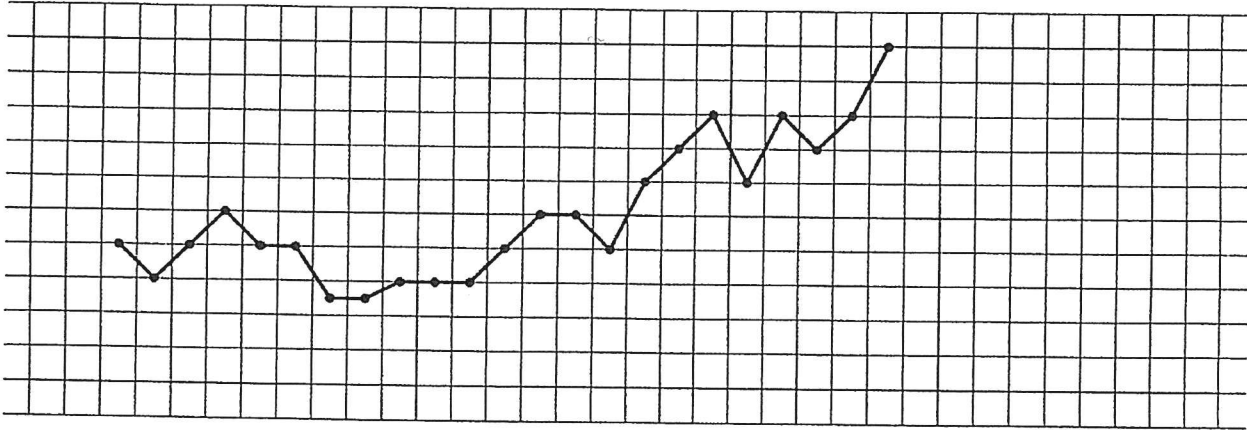


Exercise 91

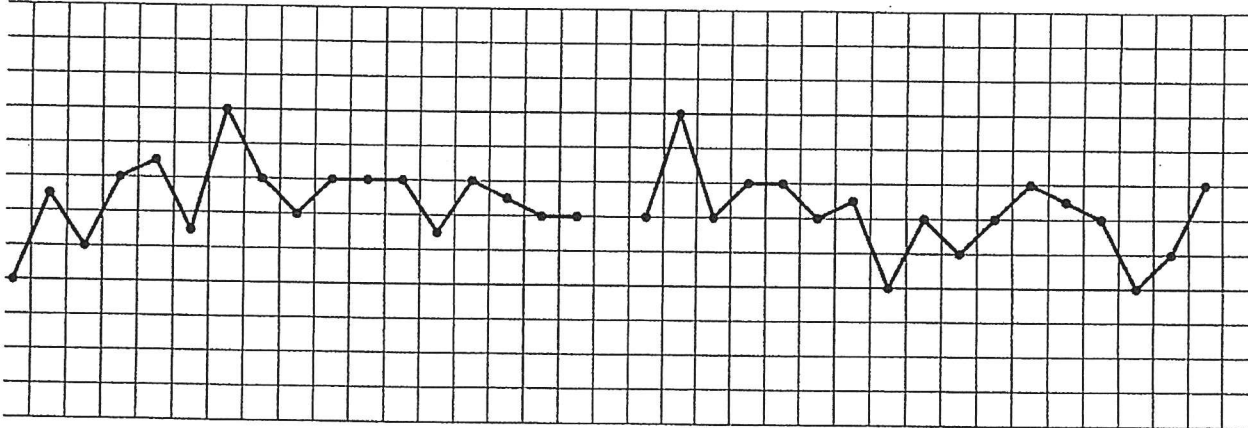




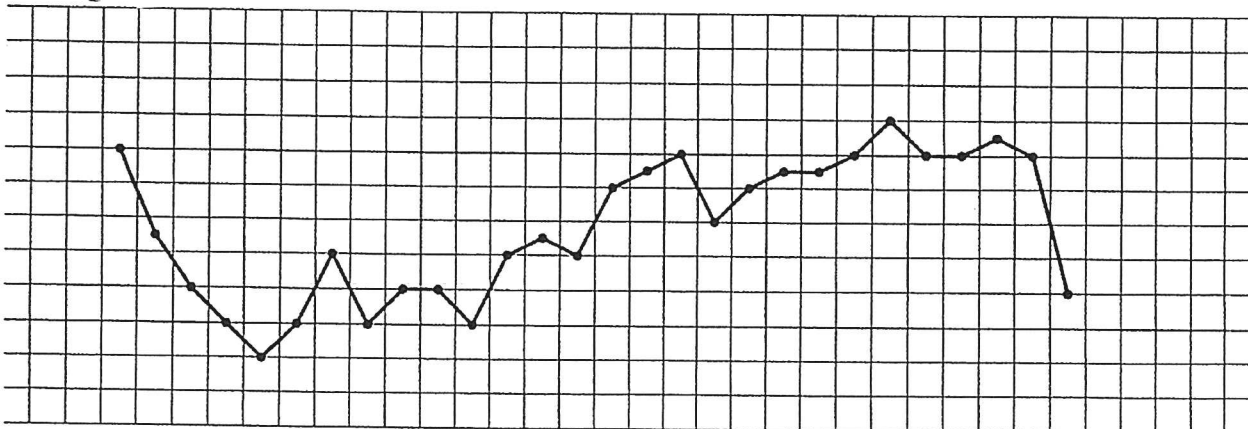
Exercise 92

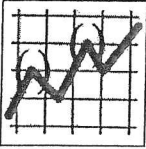


Exercise 93

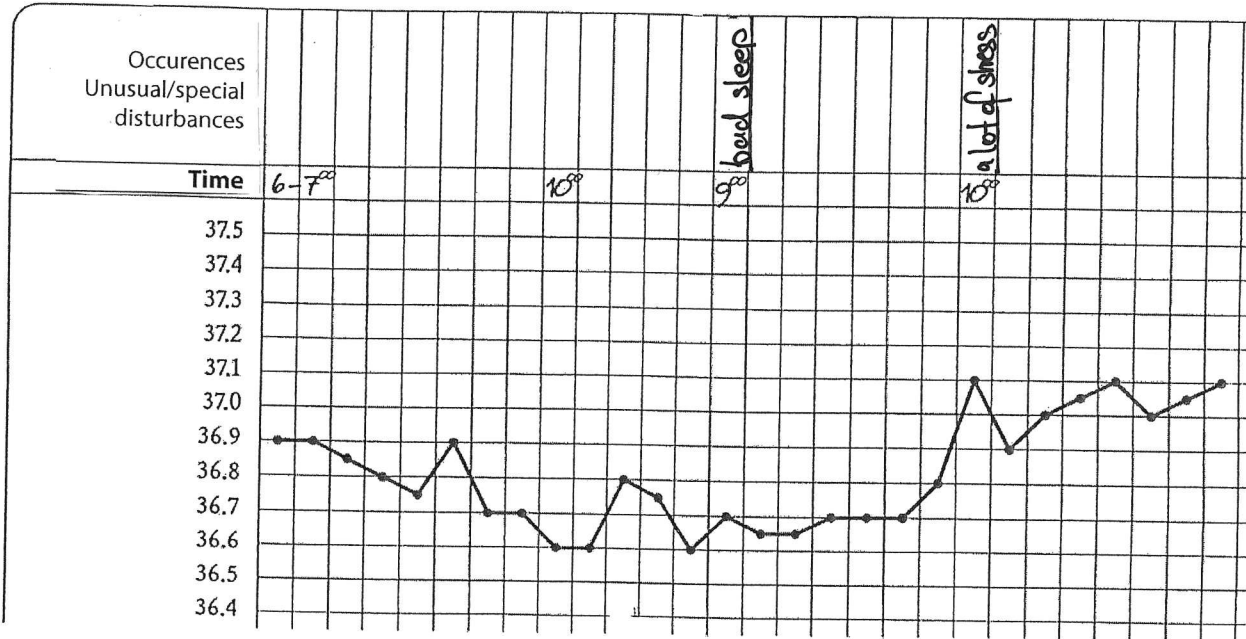


Exercise 94

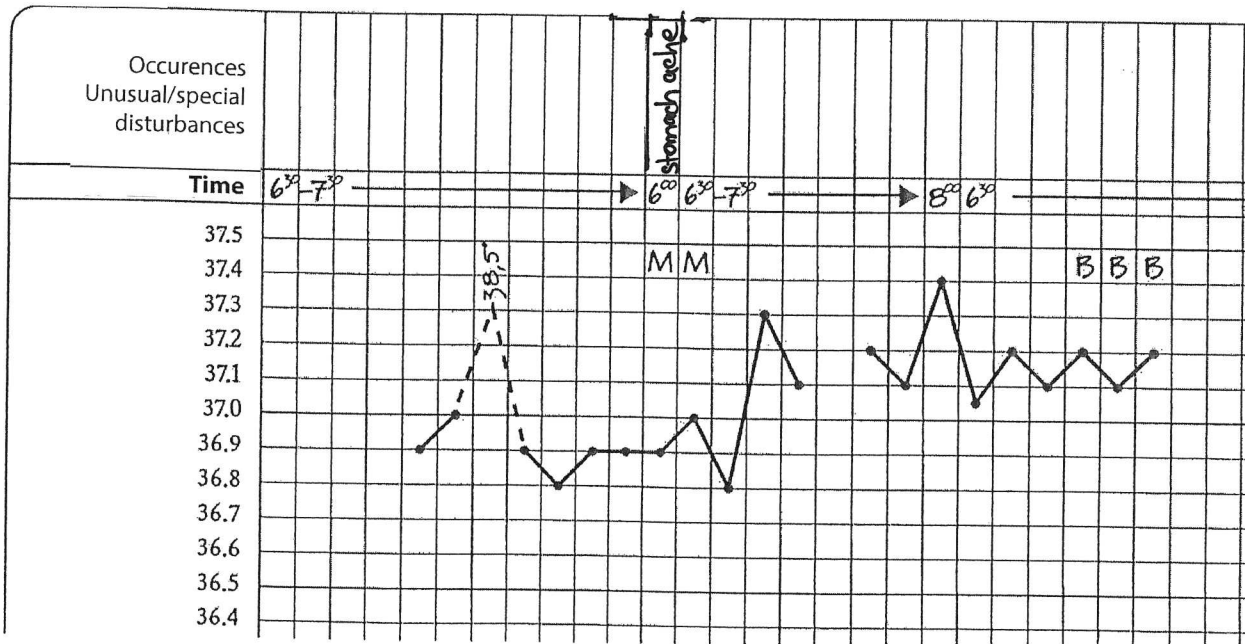


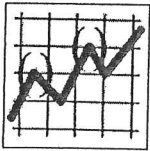


Exercise 104

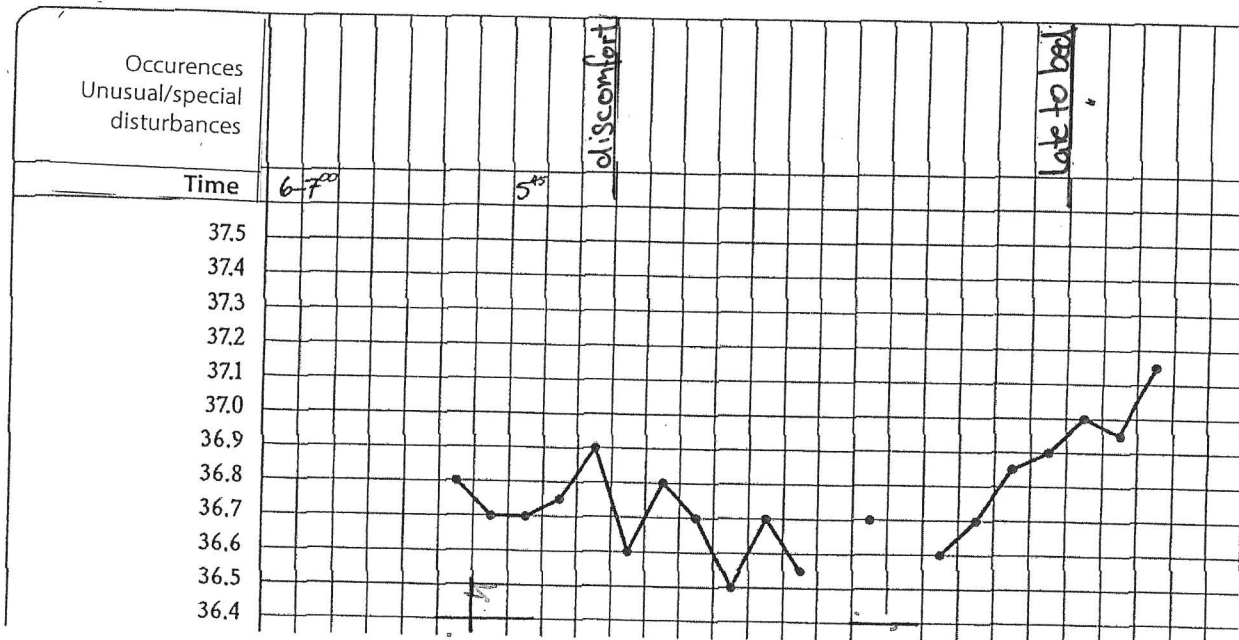


Exercise 105

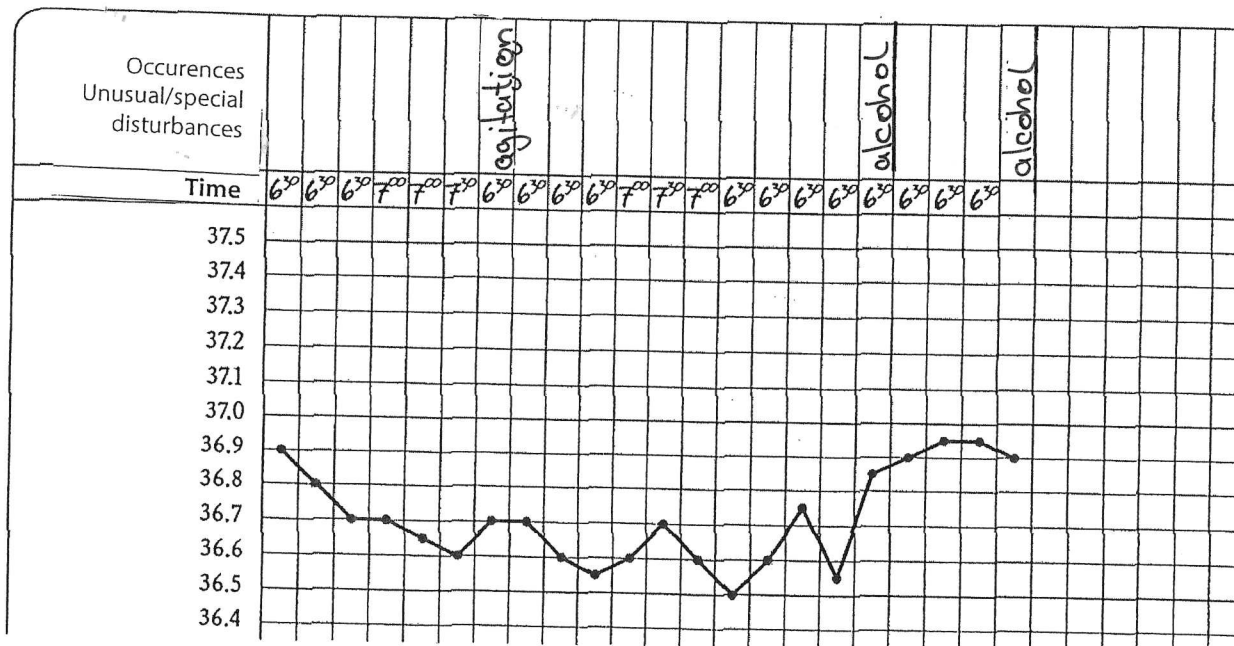




Exercise 116

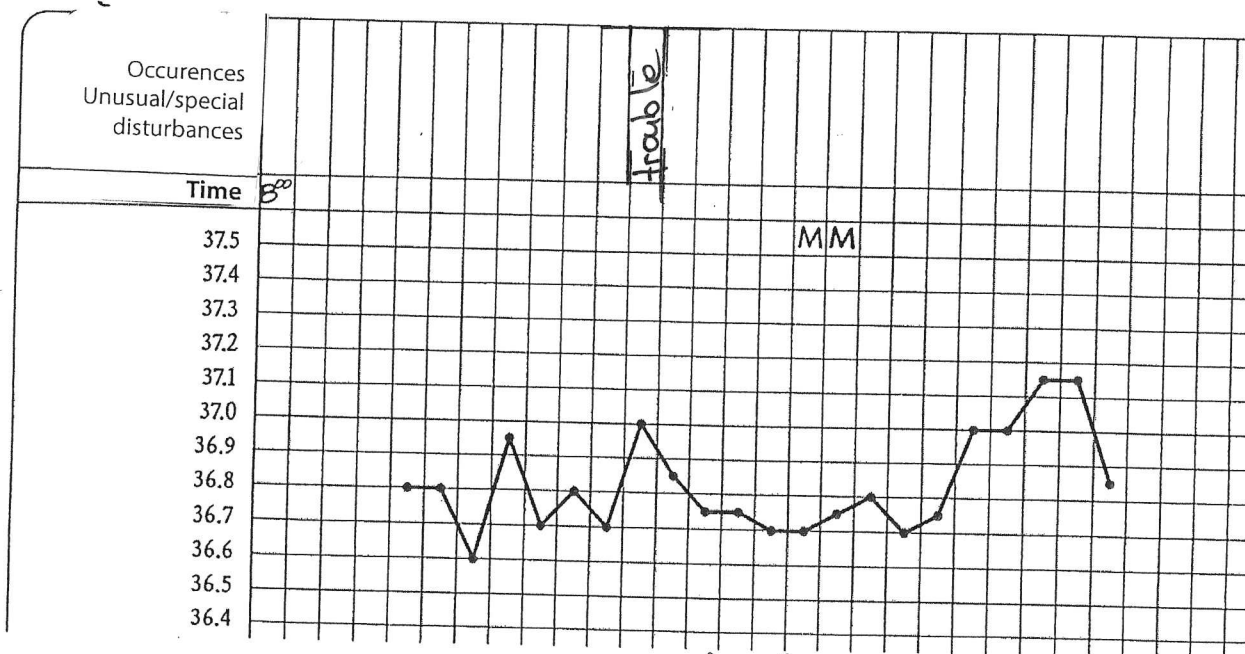


Exercise 117

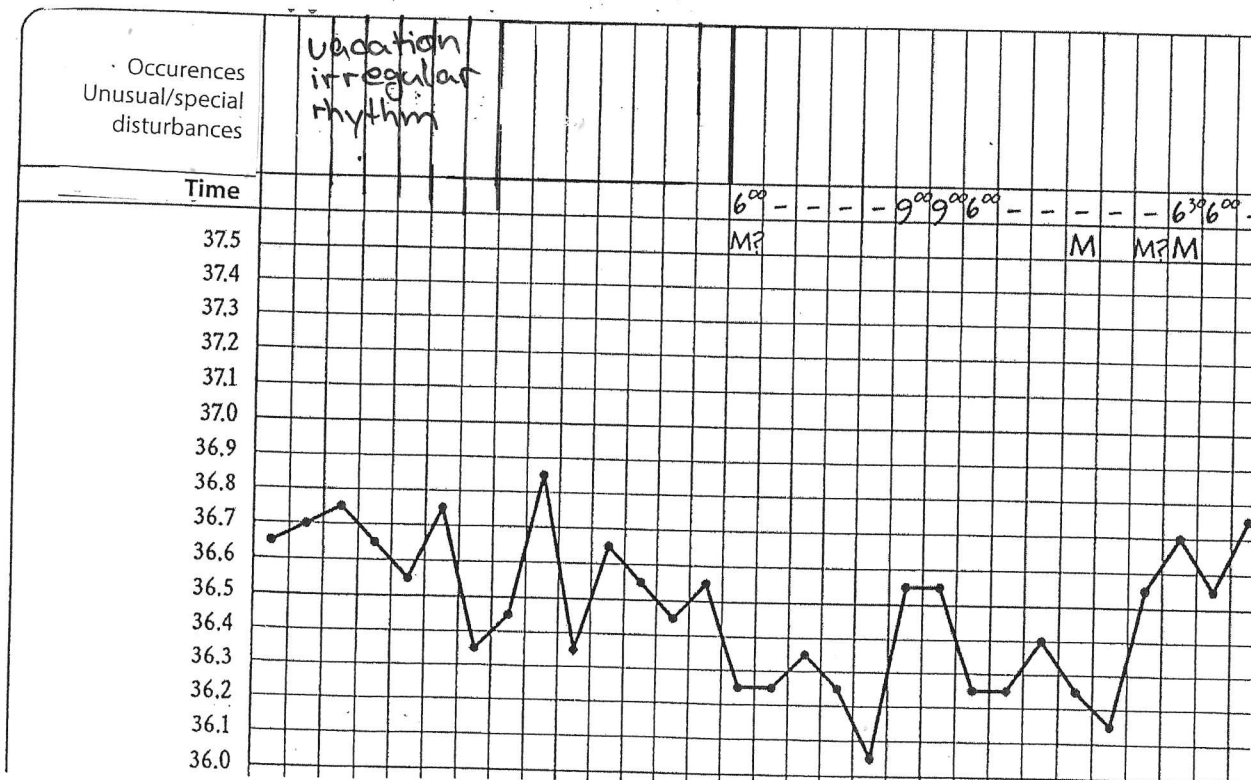




Exercise 118

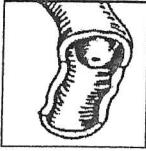


Exercise 119



Attention! final result!

The resolutions and further steps are in the solutions.



The observation of the cervix

Example

						○	○	1	2	3																													
		h	h	h	h	h	s	s	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h

Determine the end of the fertile period and note 123 in the column.

Exercise 120

				○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
	h			s	s	s	s	s	s	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	

Exercise 121

	h	h	s	s	s	s	s	s	s	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	

Exercise 122

	s	h	h	s	s	s	s	s	s	s	s	s	s	h	h	h	h	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s	s		

Exercise 123

	h	h	s	s	s	s	s	s	s	s	s	s	s	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h	h

The resolution of the double control at the beginning of the cycle

Example

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation															
	Appearance															
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days									F	F	F	F	F	F	F	F

Cycle-no°. 4

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Fitness Test about the beginning of the fertile period

8 exercises about the beginning of the fertile period.

Mark the beginning with an F.

You find the resolutions in the solutions.

Exercise 137

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Date:																
Menstruation																
Mucus	Sensation															
	Appearance															
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days																

Cycle-no°. 1

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Fitness Test about the beginning of the fertile period

Exercise 138

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 139

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Fitness Test about the beginning of the fertile period

Exercise 140

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation					dry	"	"	"	moist	"				
	Appearance										thick				
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 141

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness								•	•	•				
Intercourse									h	h	h				
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Fitness Tes beginning of fertility

Exercise 142

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation					dry	"	moist	moist	"					
	Appearance								thick	"					
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°. 1

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 143

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation						"	"	"	wet	moist	"			
	Appearance						"	thick, tough	whitish	like water	lumpy	"			
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°. 1

Post pill
 Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Check your resolutions in the solutions and decide about further steps.

Exercise 144

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation							dry	"	moist	"	"			
	Appearance							thick	"	lumpy	"				
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 145

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation							moist	"	"					
	Appearance							milky	"	"					
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 146

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date:																
Menstruation																
Mucus	Sensation															
	Appearance															
Cervix	Position and opening															
	Firmness															
Intercourse						X	X				⊗					
Fertile Days																

Cycle-no°. 1
post pill

Temperature taken
R
V
O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 147

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	14
Date: June the 5th			6	7	8	9	10	11	12	13	14	15	16			
Menstruation																
Mucus	Sensation						moist	moist		dry	dry, itchy					
	Appearance						whitish		milky							
Cervix	Position and opening															
	Firmness															
Intercourse																
Fertile Days																

Cycle-no°. 23

Temperature taken
R
V
O

Earliest first higher temperature reading in the previous cycles 14

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 148

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation						dry								
	Appearance										elastic moist				
Cervix	Position and opening						•	•	•	•	•	•	•		
	Firmness						h	h	h	s	s	s	s		
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 149

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance											yellowish moist			
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 150

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°. 1

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 151

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°. 7

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles 20

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 152

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening					•	•	•	•	•	•				
	Firmness					h	s	s	s	s	s				
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Attention! Half-time!

Check your interpretations in the solutions and decide about further steps.

Exercise 153

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 154

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation						moist	"	"	"	"				
	Appearance									lumpy	whitish				
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 155

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation														
	Appearance														
Cervix	Position and opening														
	Firmness							h	h	h	S				
Intercourse															
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 156

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation								dry	"	"				
	Appearance														
Cervix	Position and opening								●	●	○				
	Firmness								h	h	s				
Intercourse															
Fertile Days															

Cycle-no°. 4

Temperature taken R X
V
O

Earliest first higher temperature reading in the previous cycles 18

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 157

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation												wet		
	Appearance								whitish	whitish	whitish	whitish,ropy	whitish	"	"
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°. 12

Temperature taken R
V X
O

Earliest first higher temperature reading in the previous cycles 16

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 158

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14	1
Date:																
Menstruation																
Mucus	Sensation															
	Appearance											dry				
Cervix	Position and opening							•	•	•	•	•	•			
	Firmness							h	h	h	s	s	s			
Intercourse																
Fertile Days																

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 159

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation					moist		moist	"	"	wet				
	Appearance						thick	"	whitish	elastic					
Cervix	Position and opening								•	•					
	Firmness								s	s					
Intercourse						X									
Fertile Days															

Cycle-no°.

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

preceded temperature shift

Exercise 160

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation	after pill bleeding							dry	dry	dry	dry	dry	dry	moist
	Appearance														
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°. 1

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles

Minus 8

Earliest first higher temperature reading in this cycle

Exercise 161

Cycle day		1	2	3	4	5	6	7	8	9	10	11	12	13	14
Date:															
Menstruation															
Mucus	Sensation							dry	itchy	moist	"				
	Appearance							whitish	creamy	"					
Cervix	Position and opening														
	Firmness														
Intercourse															
Fertile Days															

Cycle-no°. 15

Temperature taken
 R
 V
 O

Earliest first higher temperature reading in the previous cycles 13

Minus 8

Earliest first higher temperature reading in this cycle

Attention! Final results!

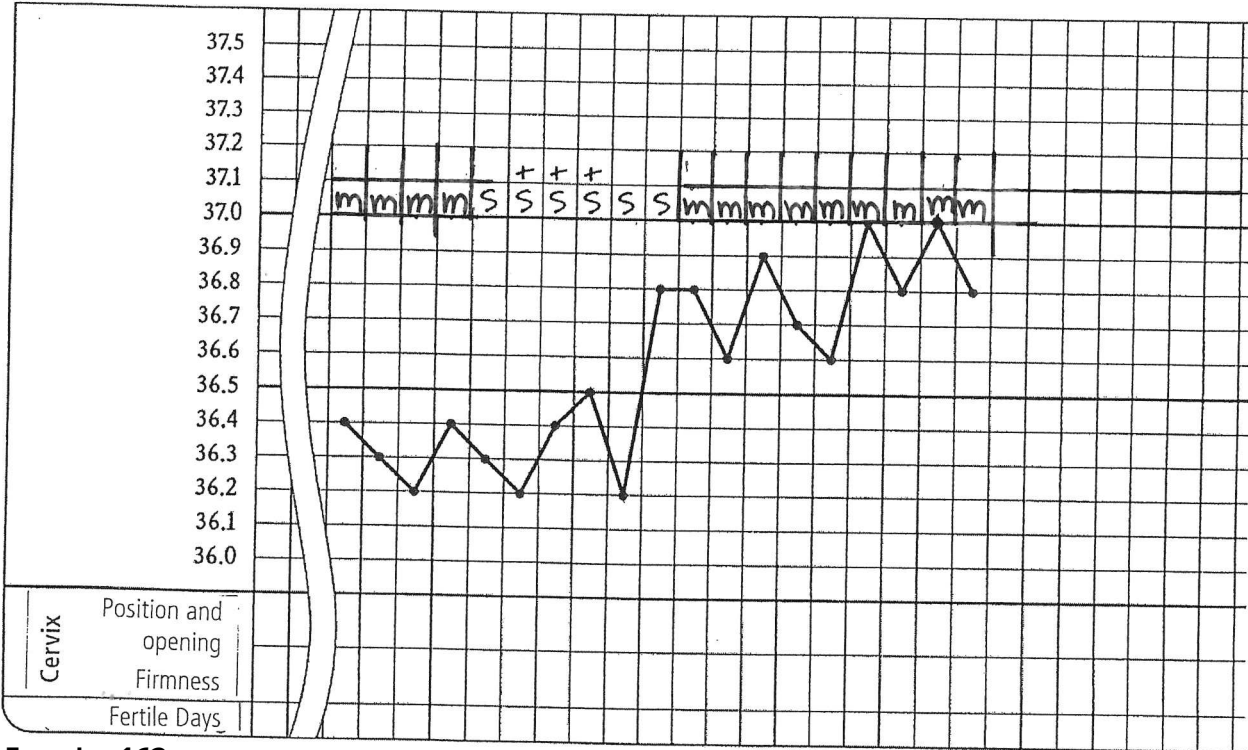
You have succeeded. Resolutions in the solutions!



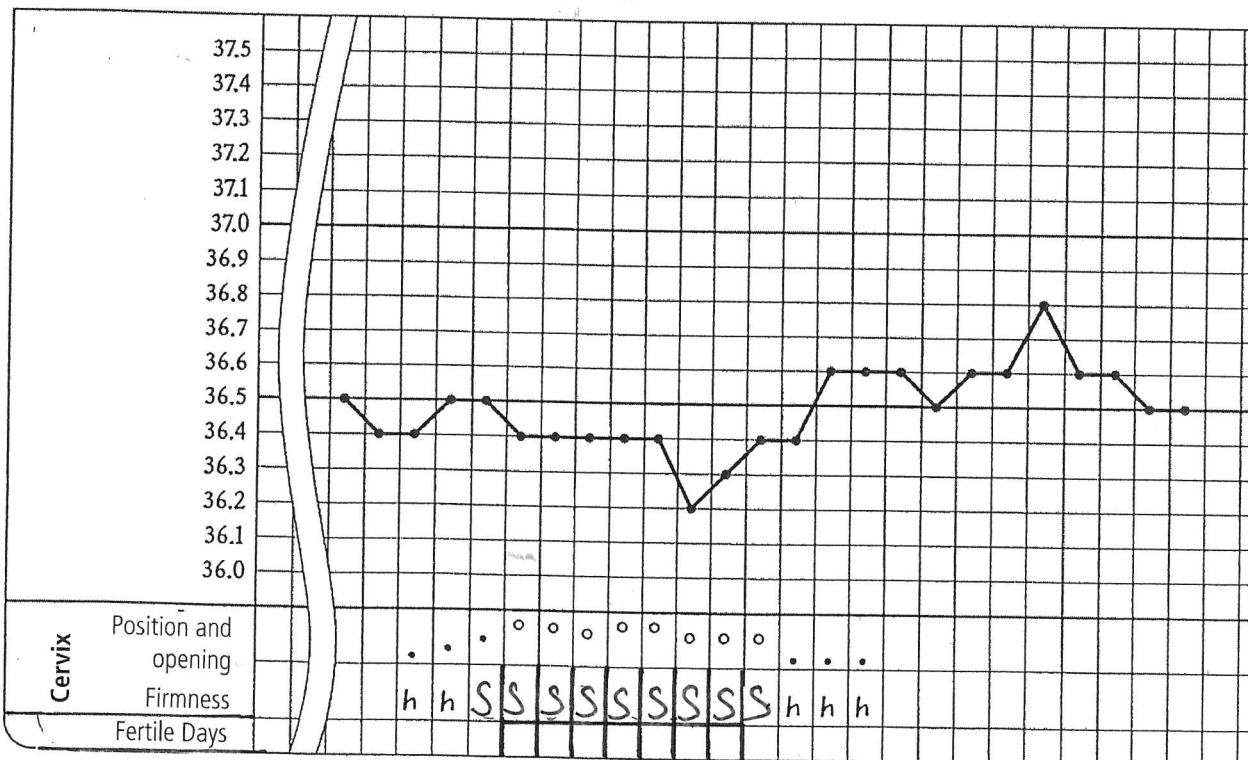
Fitness Test

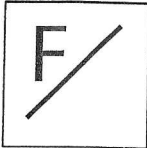
Please check your ability to interpret in the following exercises. Check in the solutions.

Exercise 162



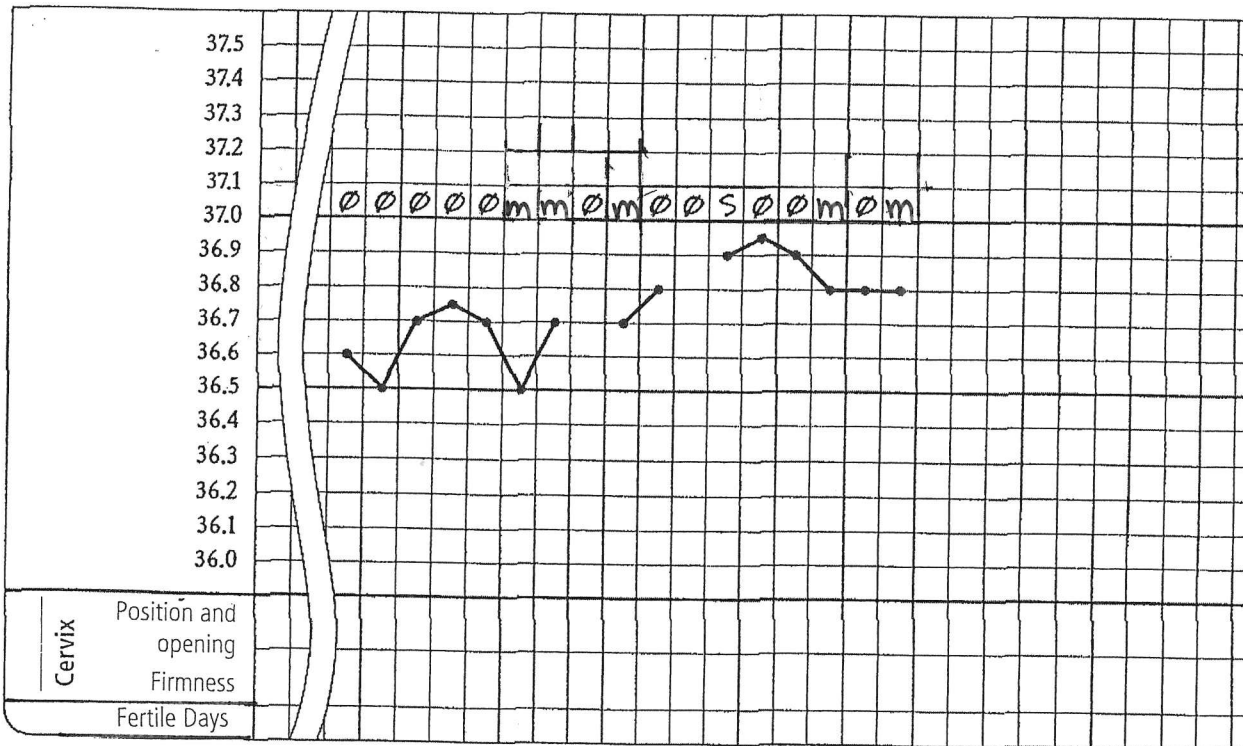
Exercise 163



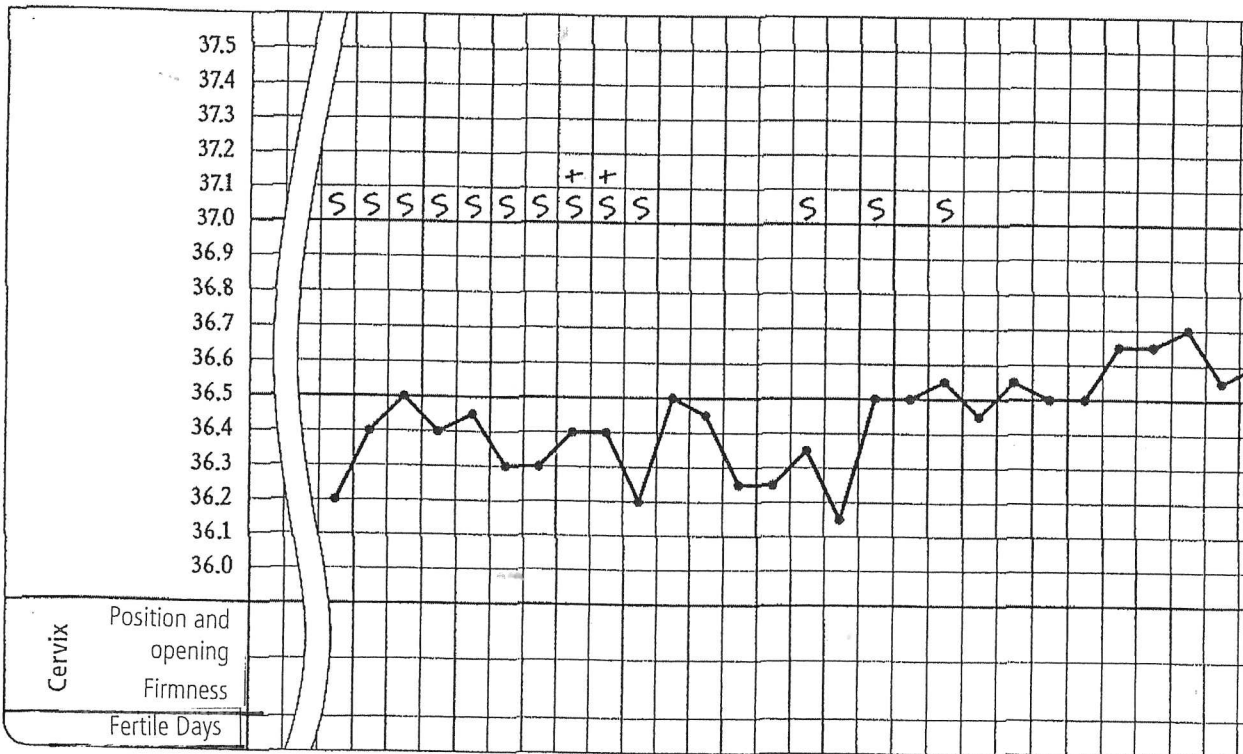


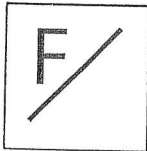
Fitness Test

Exercise 164



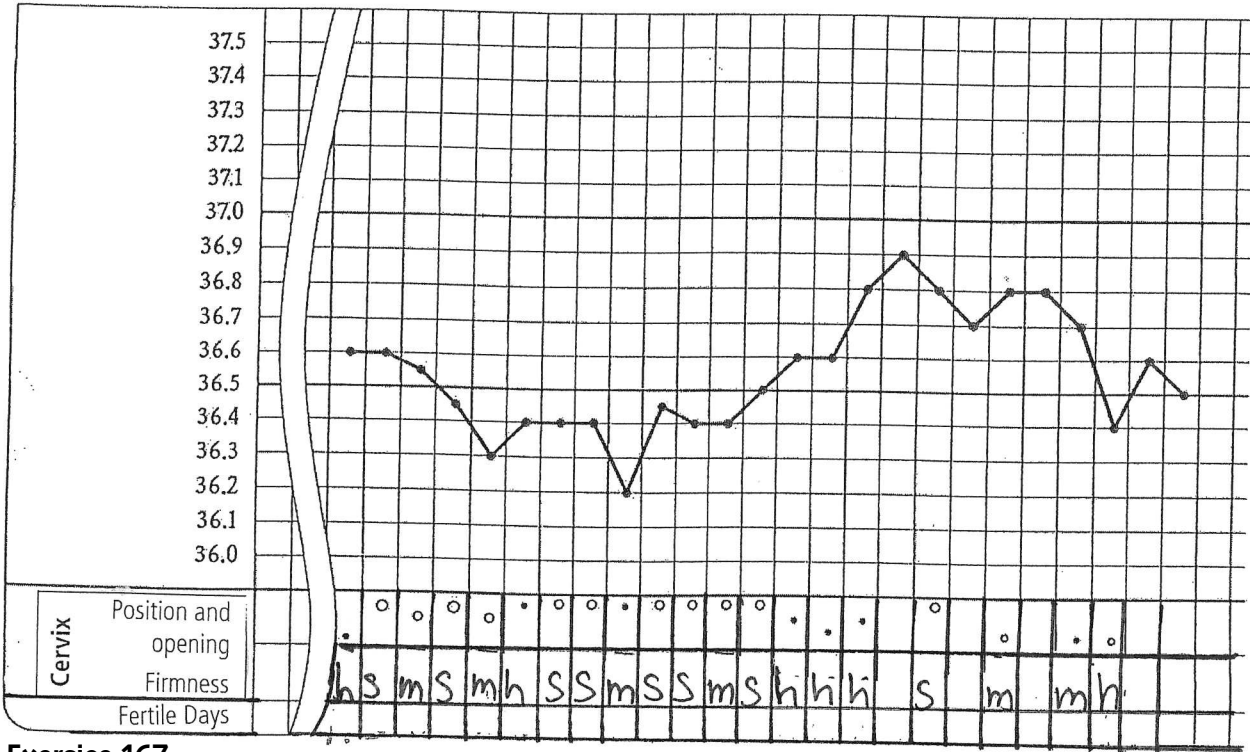
Exercise 165



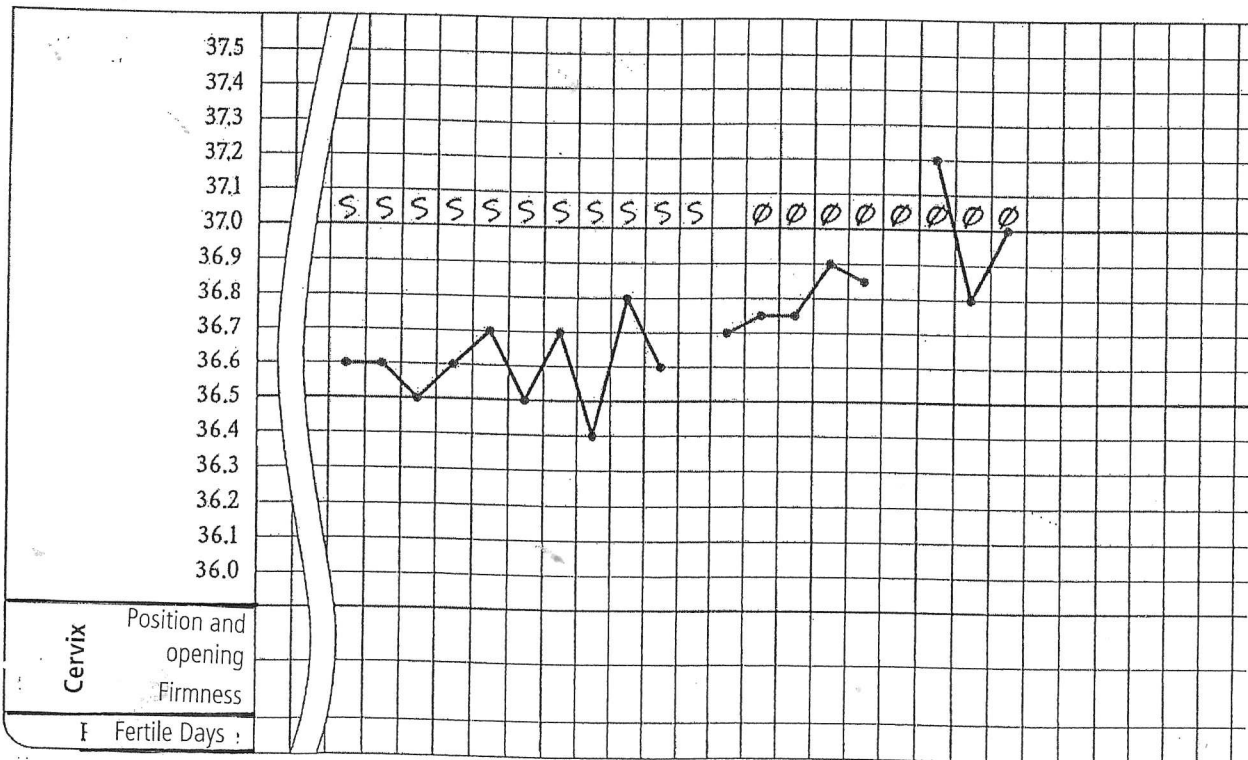


Fitness Test

Exercise 166



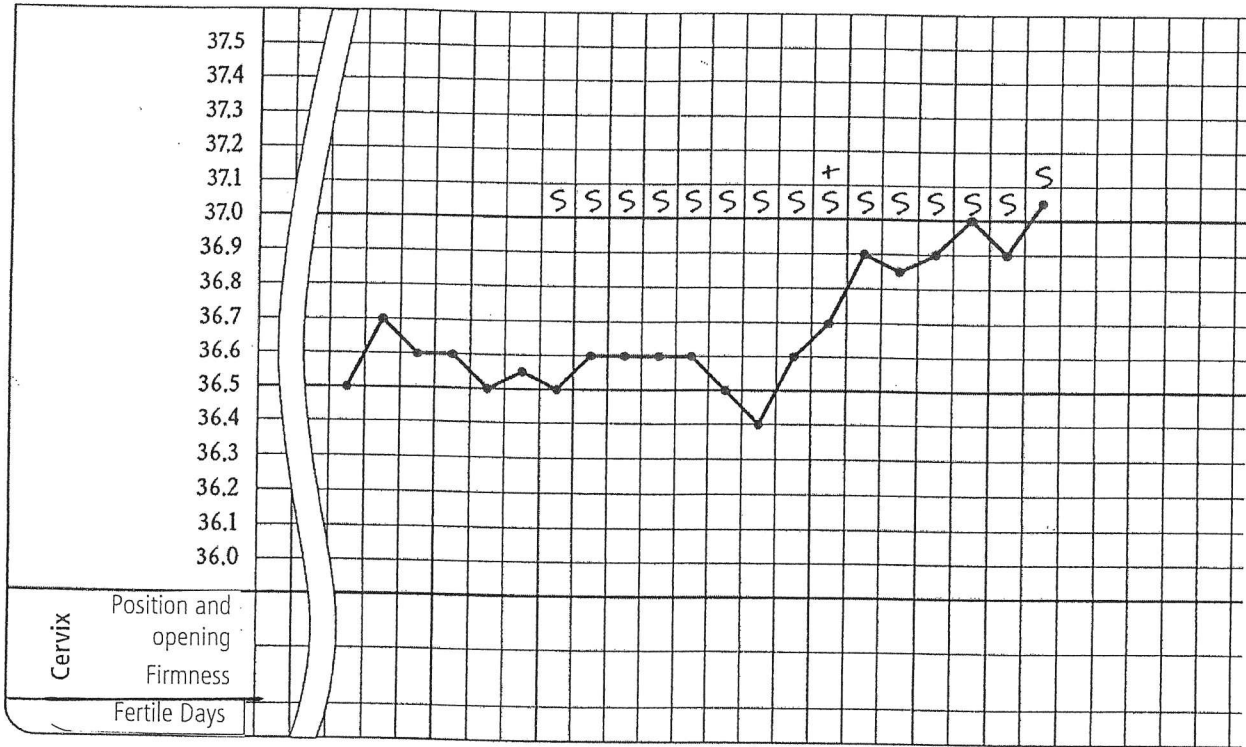
Exercise 167



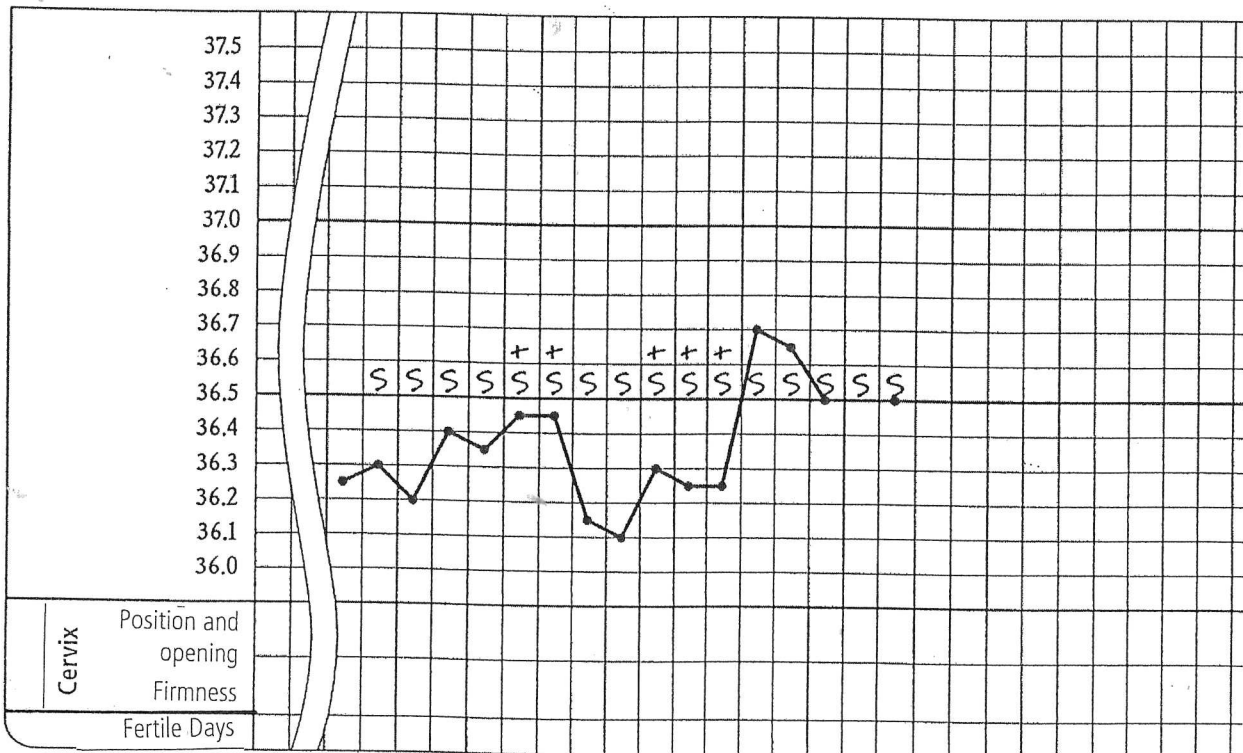
Check your interpretation in the solutions!



Exercise 170

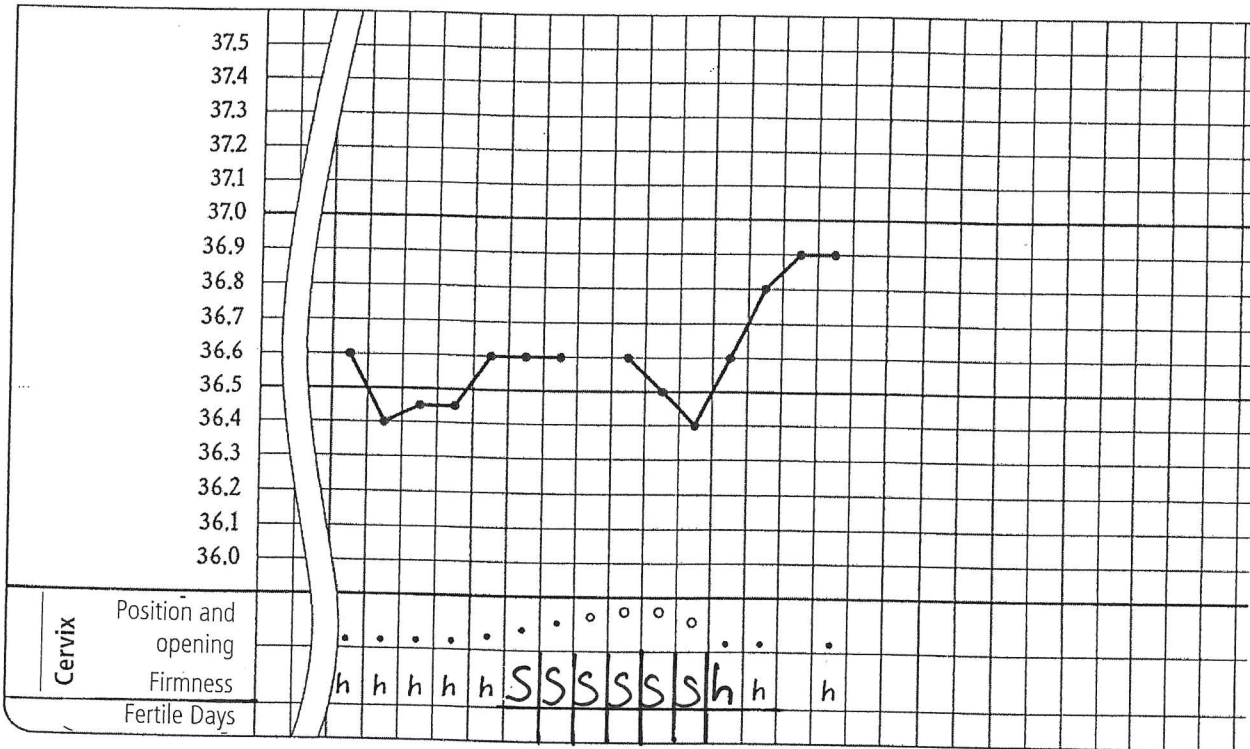


Exercise 171

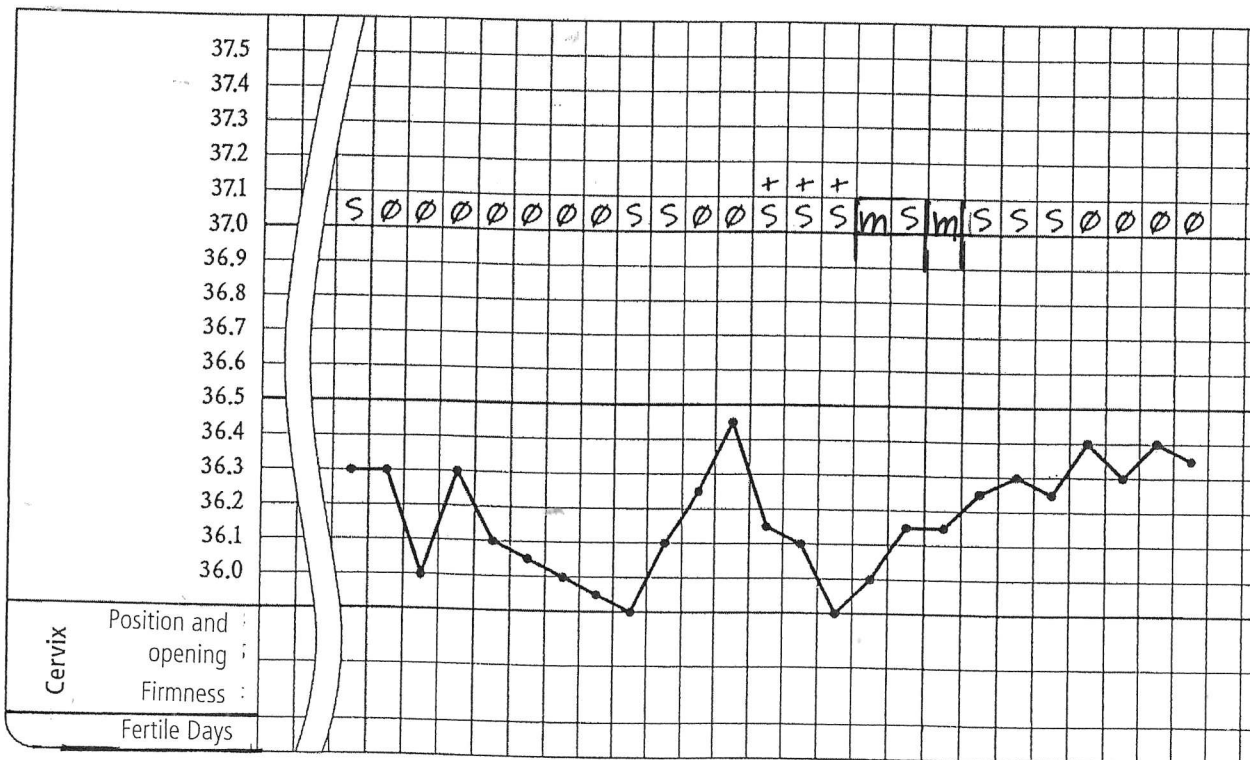




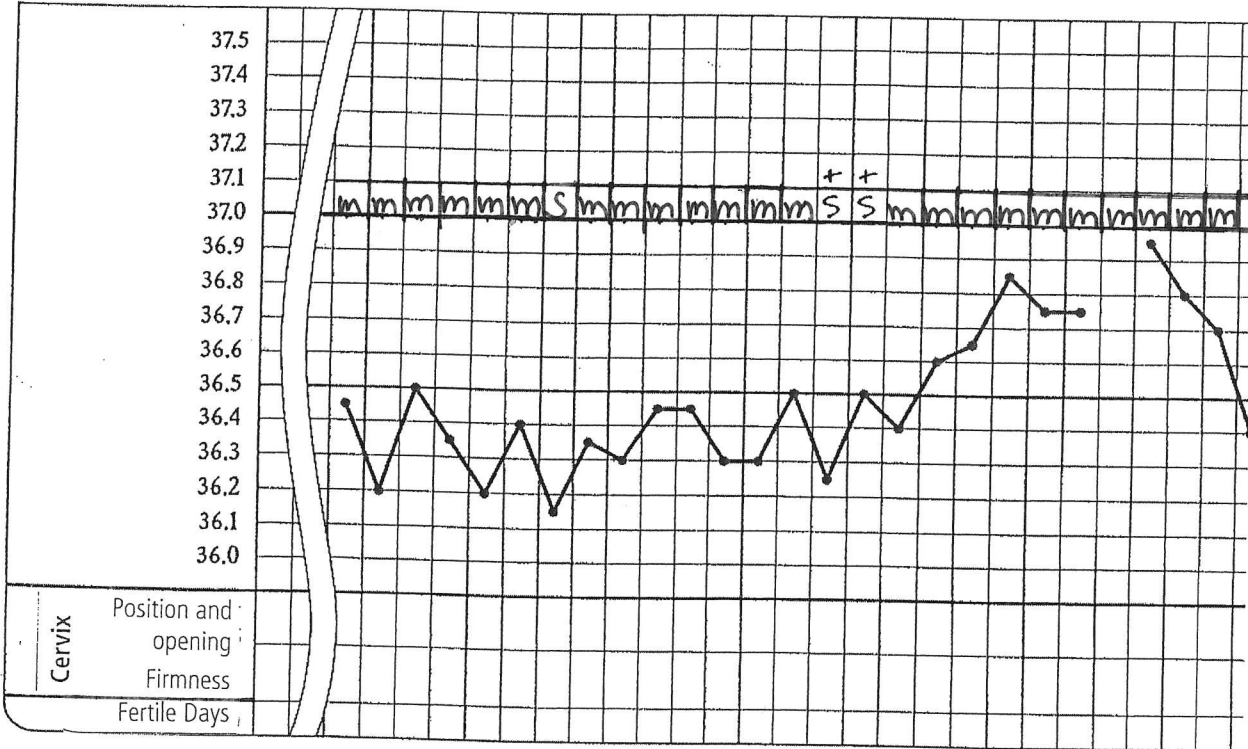
Exercise 172



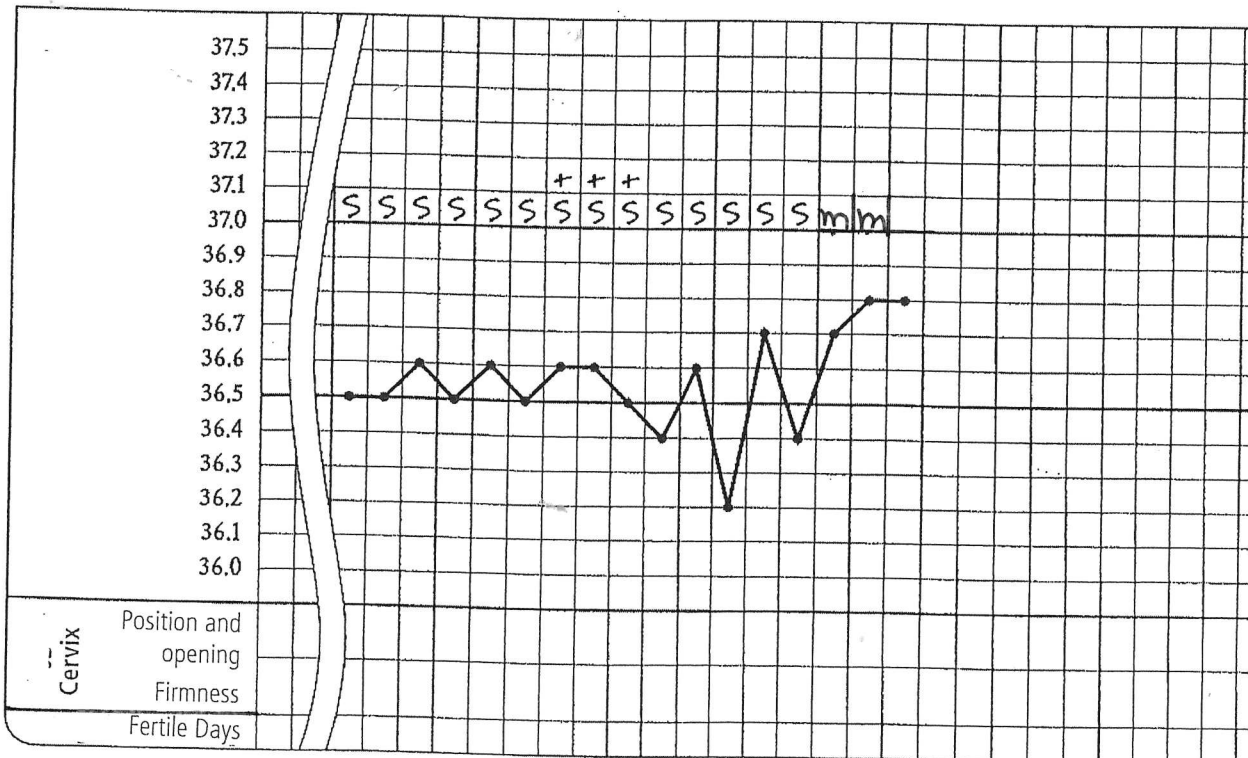
Exercise 173



Exercise 176

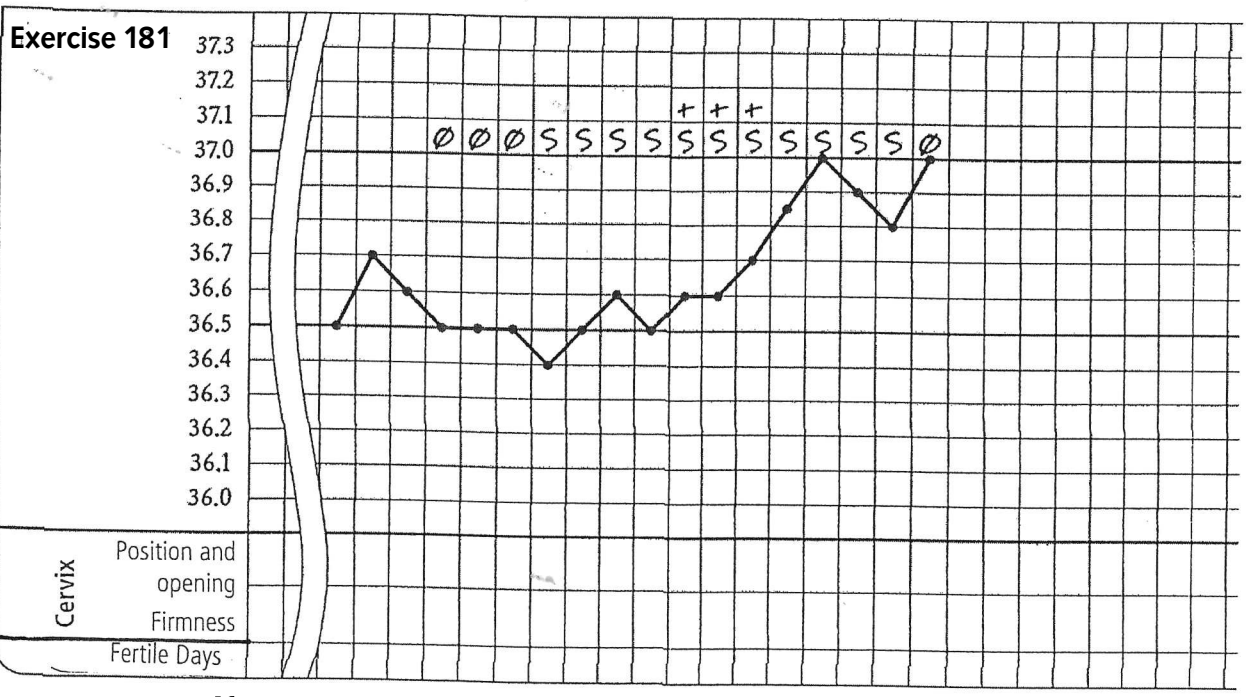
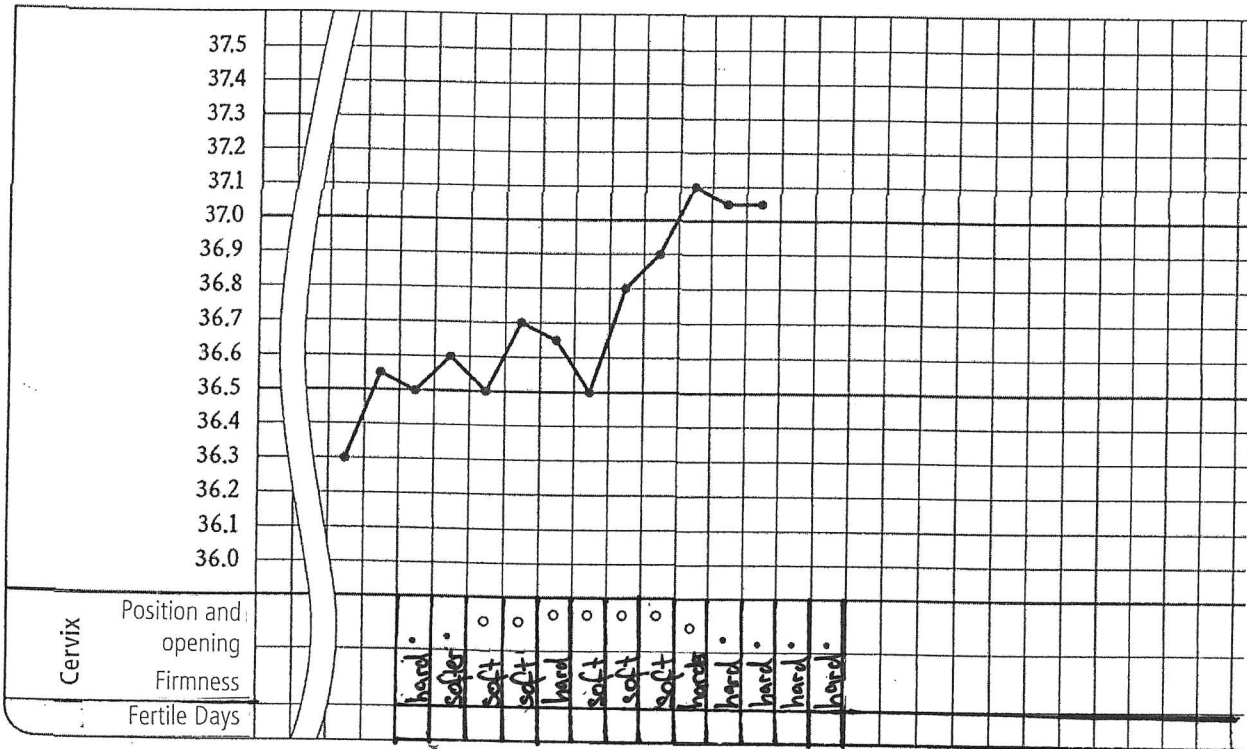


Exercise 177





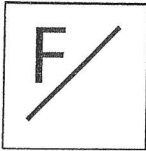
Exercise 180



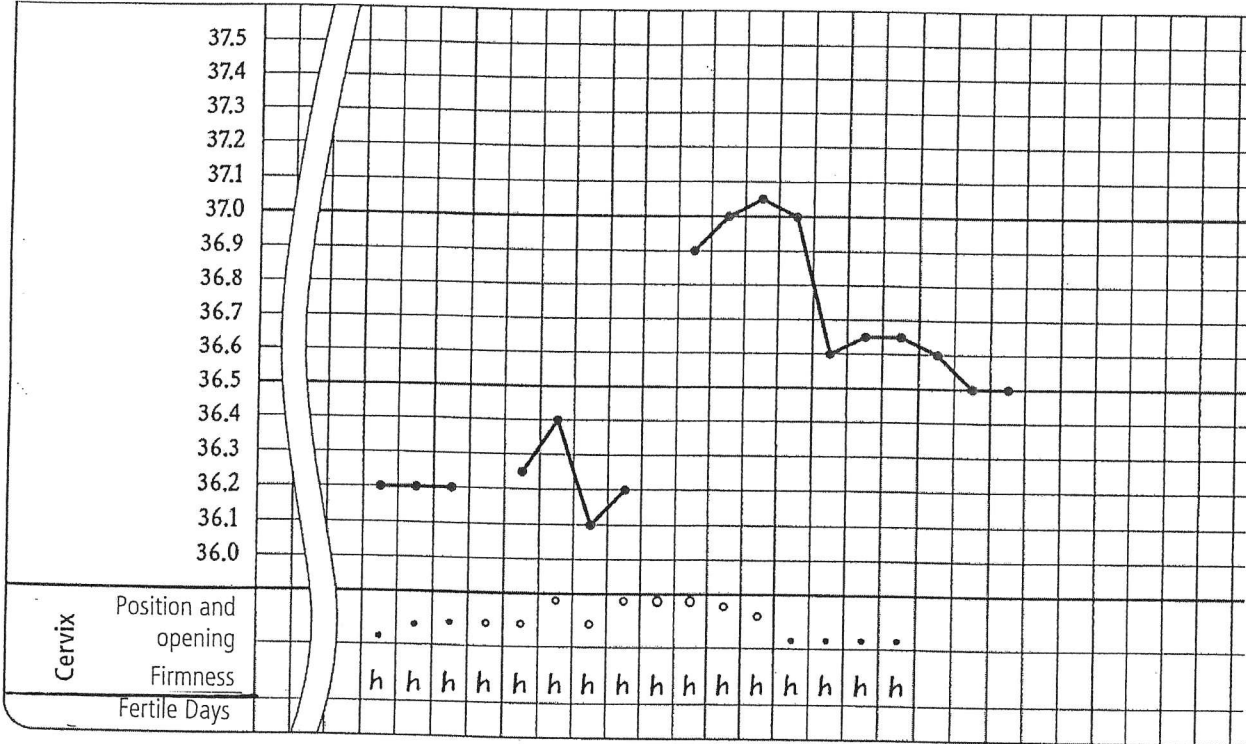
Attention! Half-time!

Take a break and check your results in the solutions.

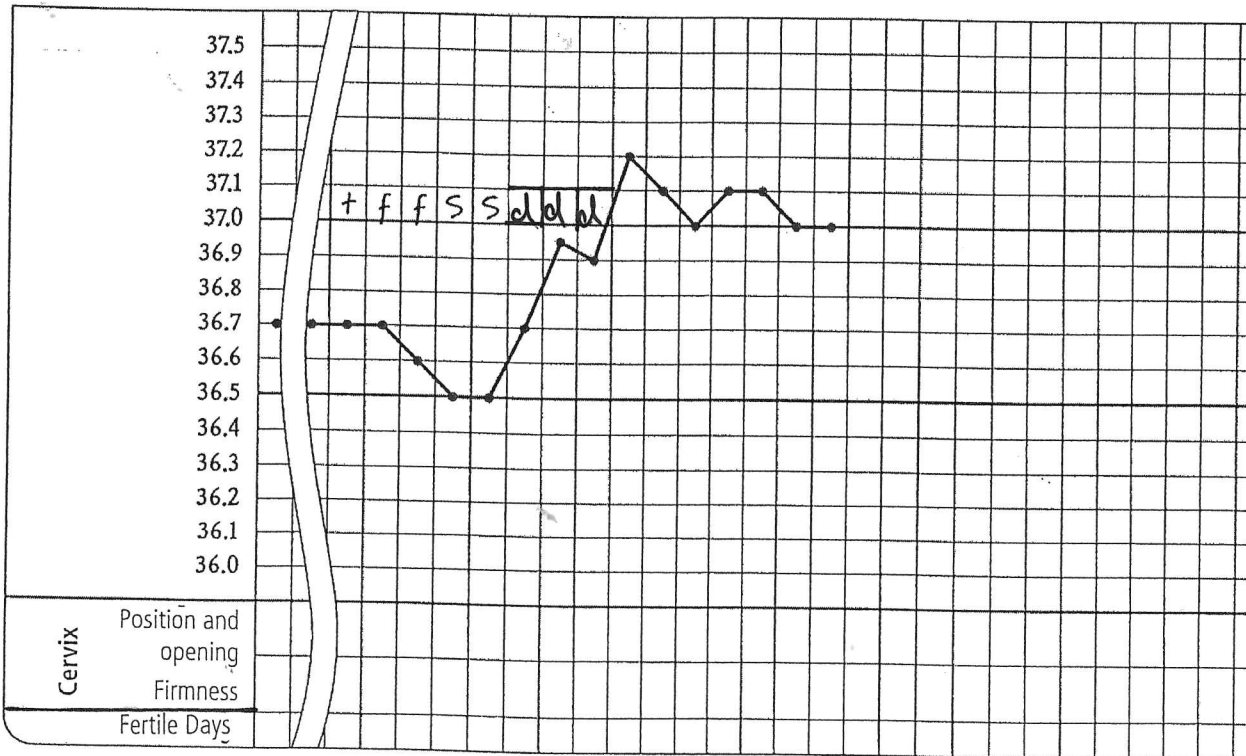
Suggestions for further steps.



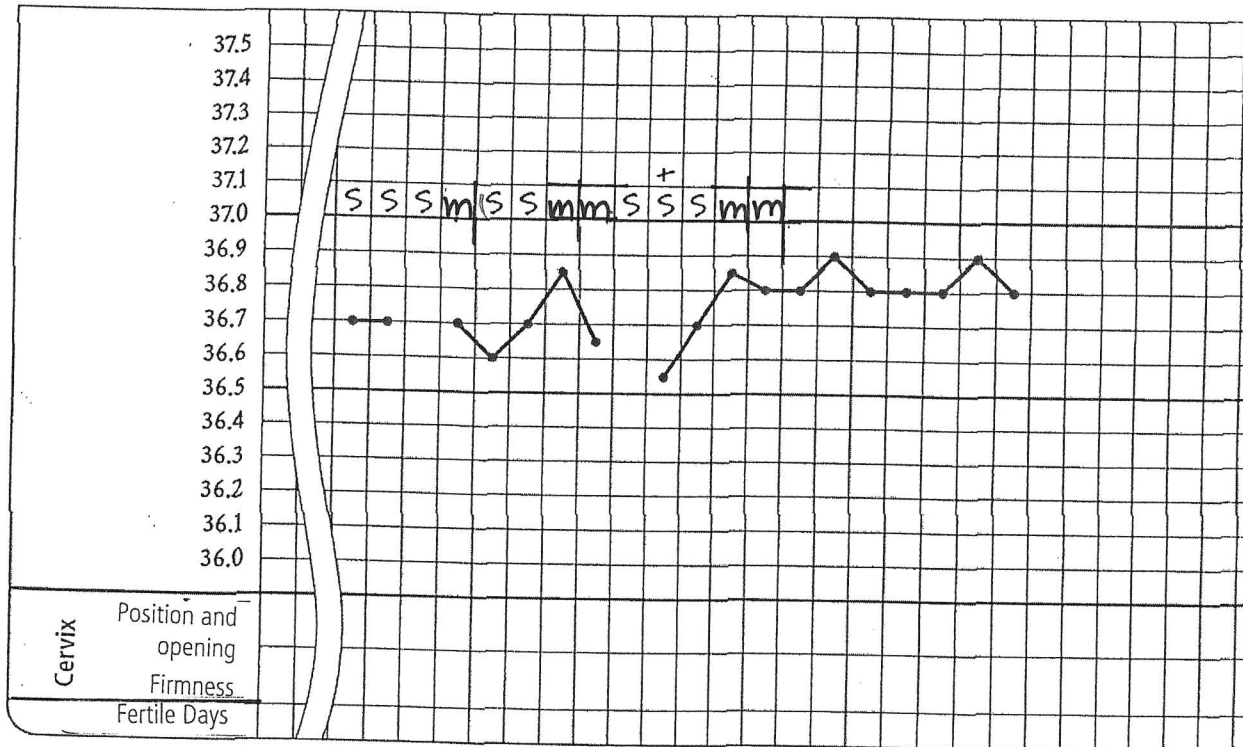
Exercise 182



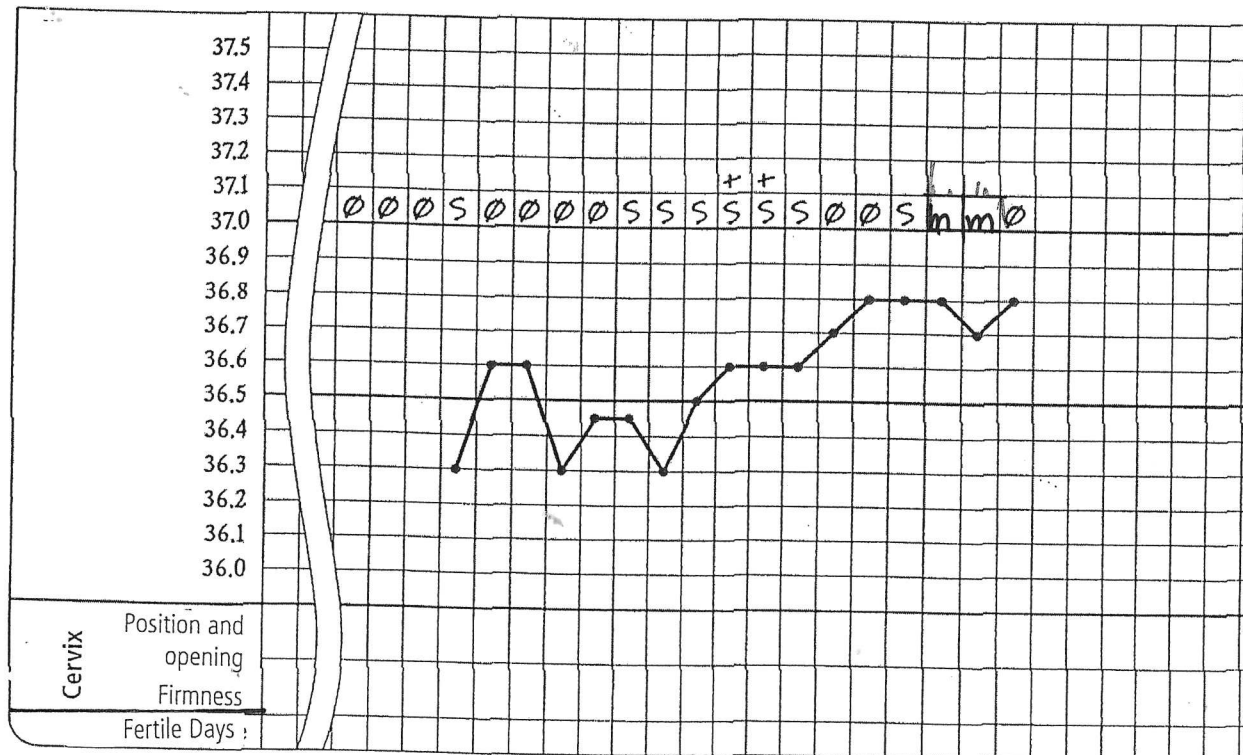
Exercise 183



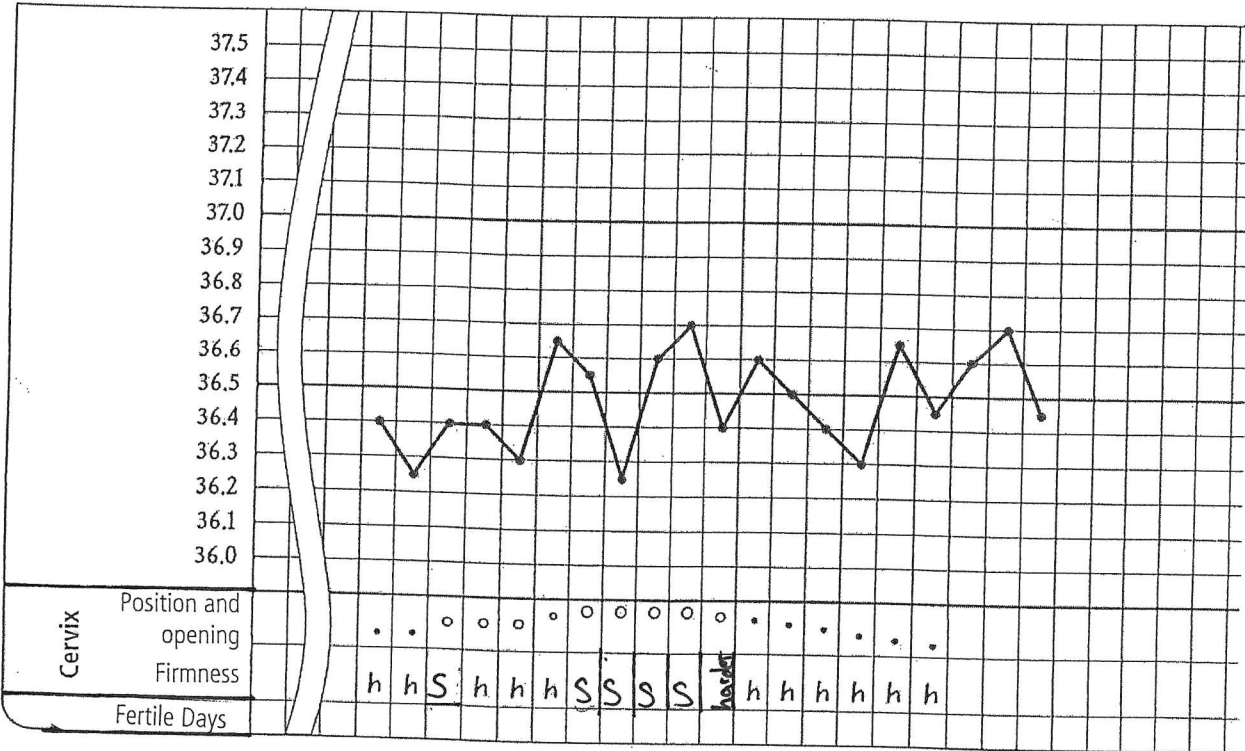
Exercise 184



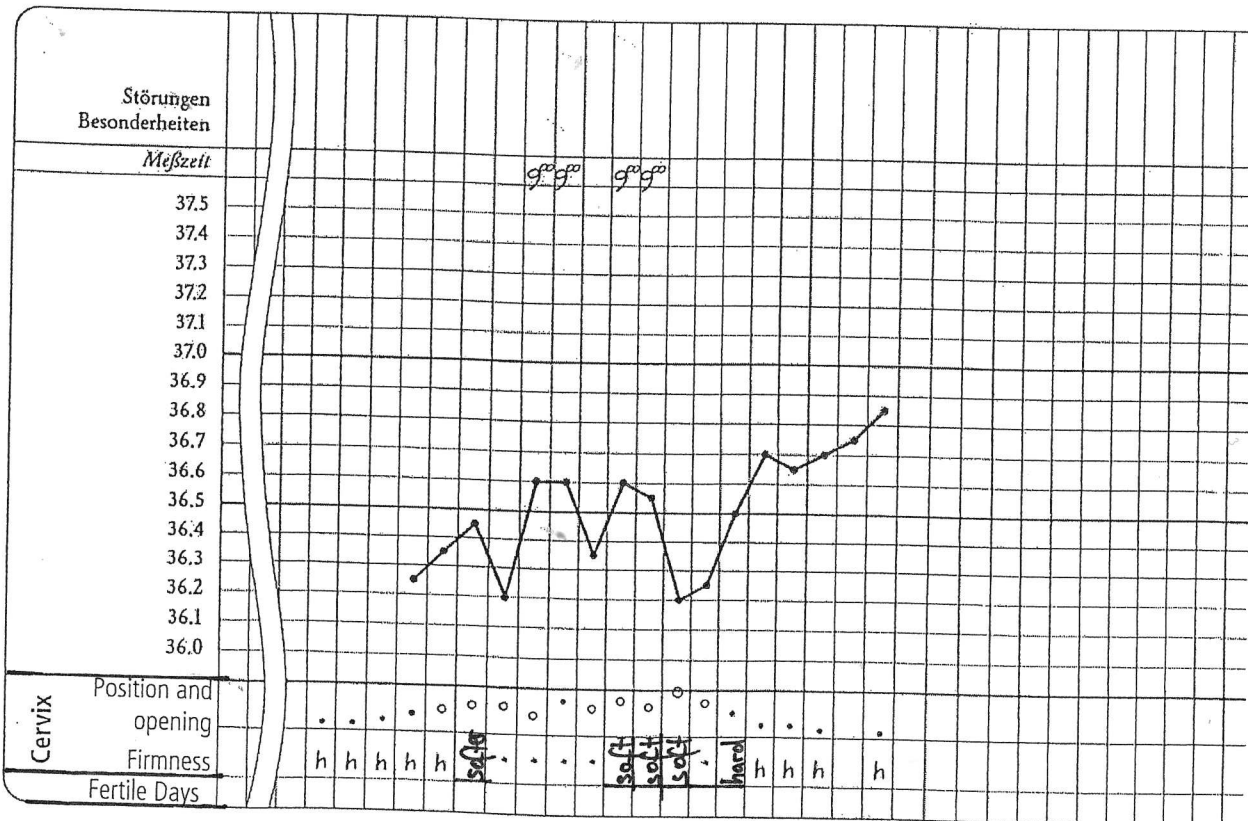
Exercise 185



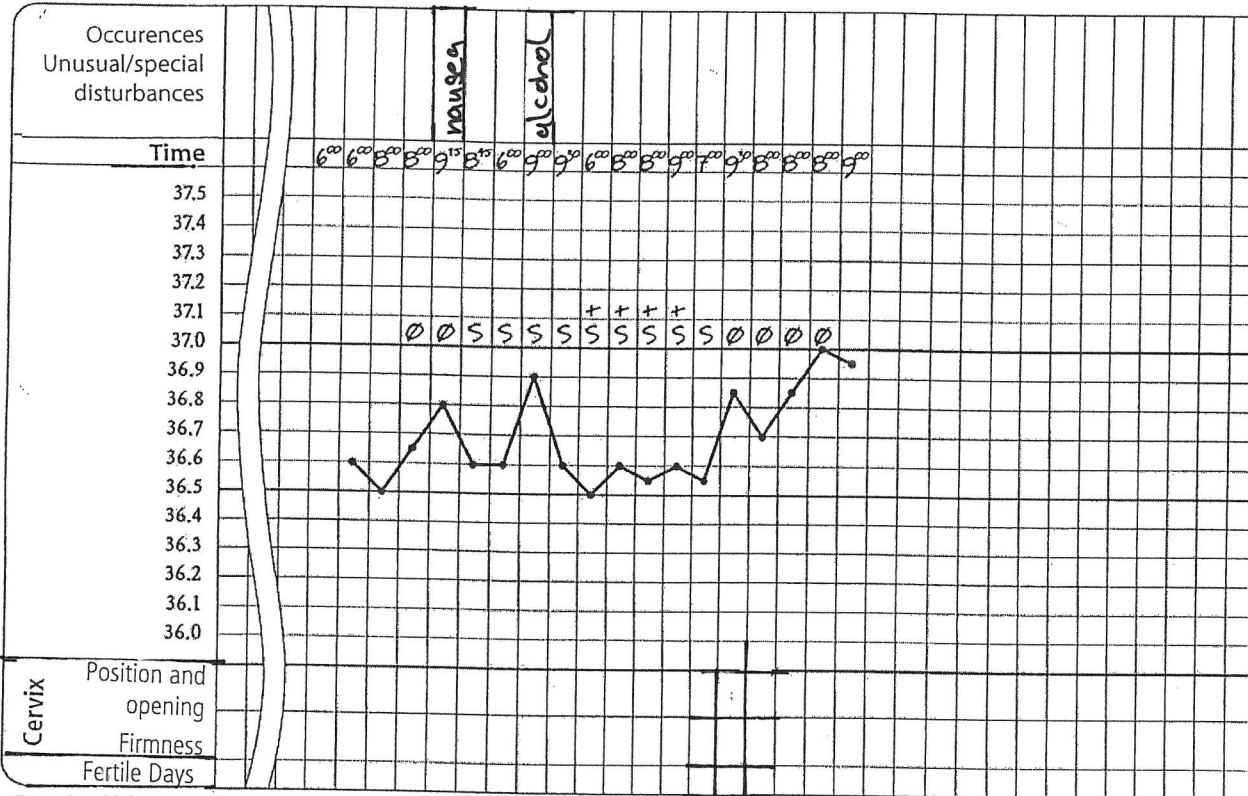
Exercise 188



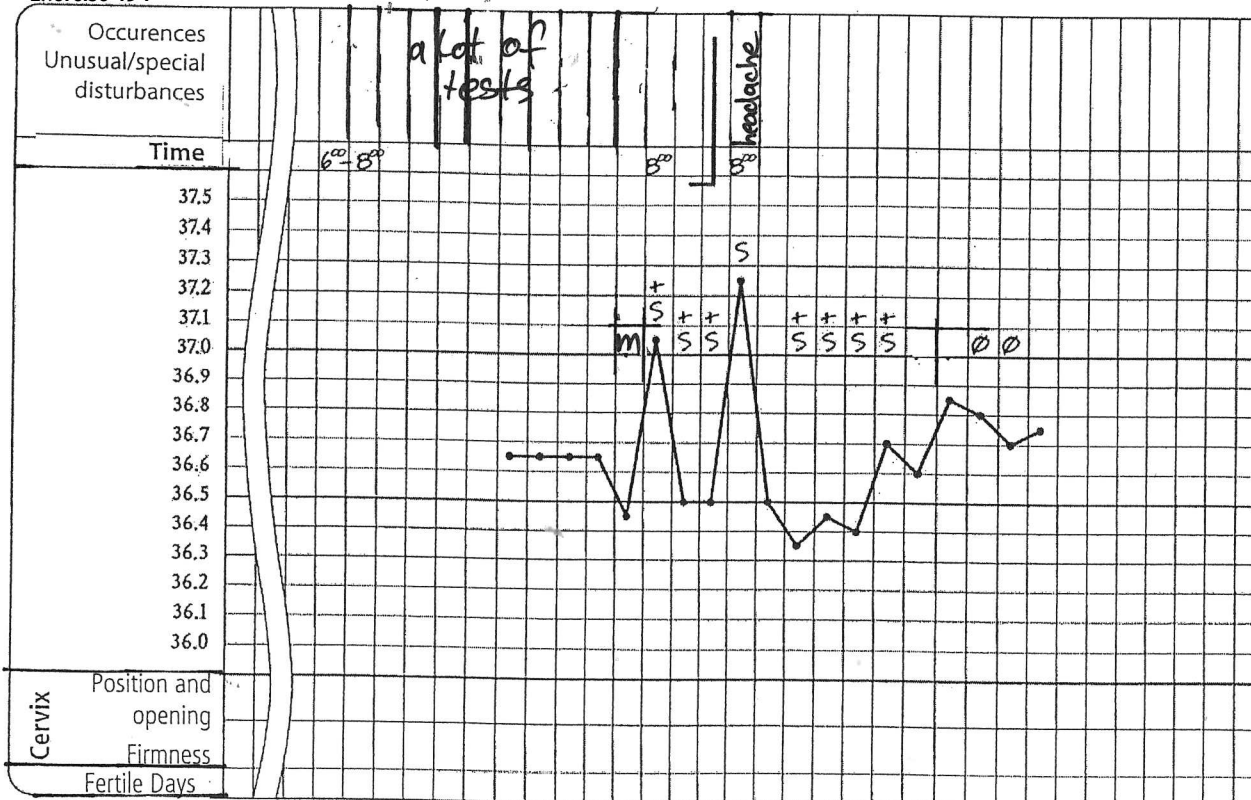
Exercise 189



Exercise 190

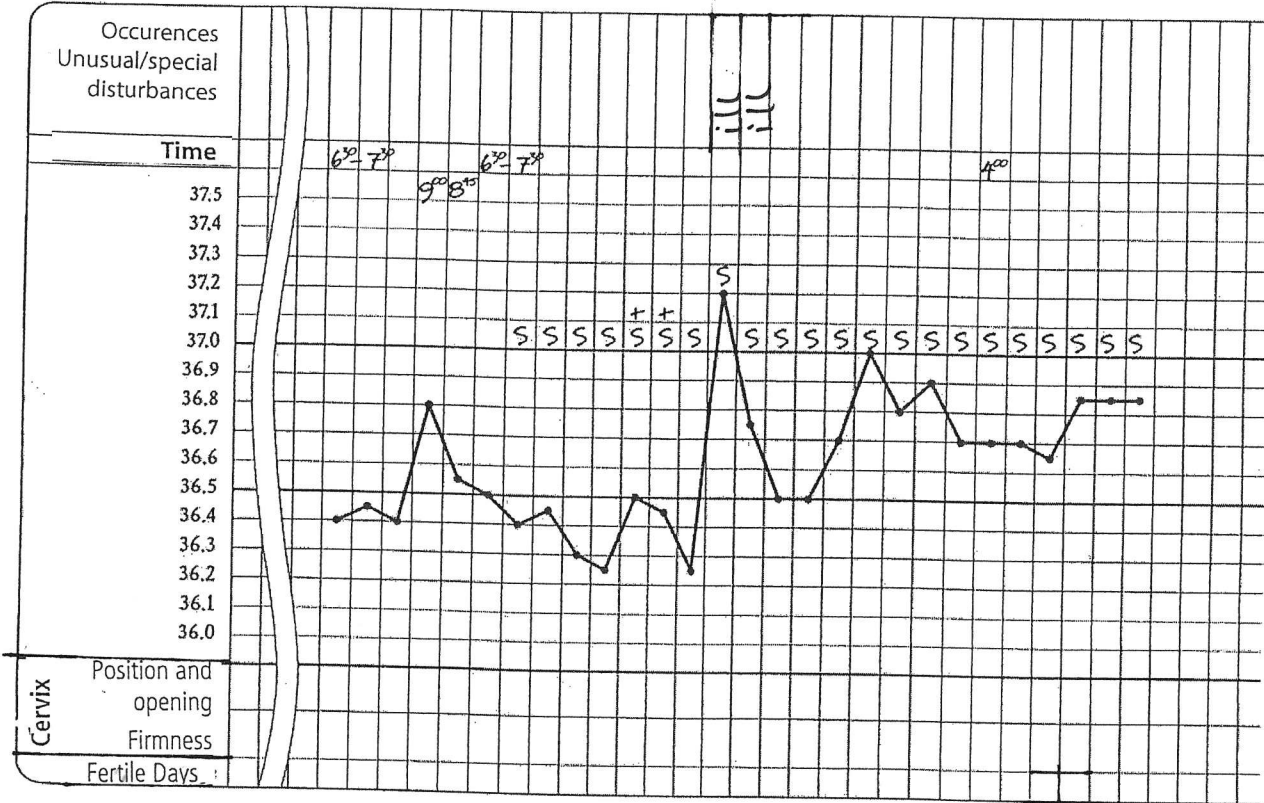


Exercise 191

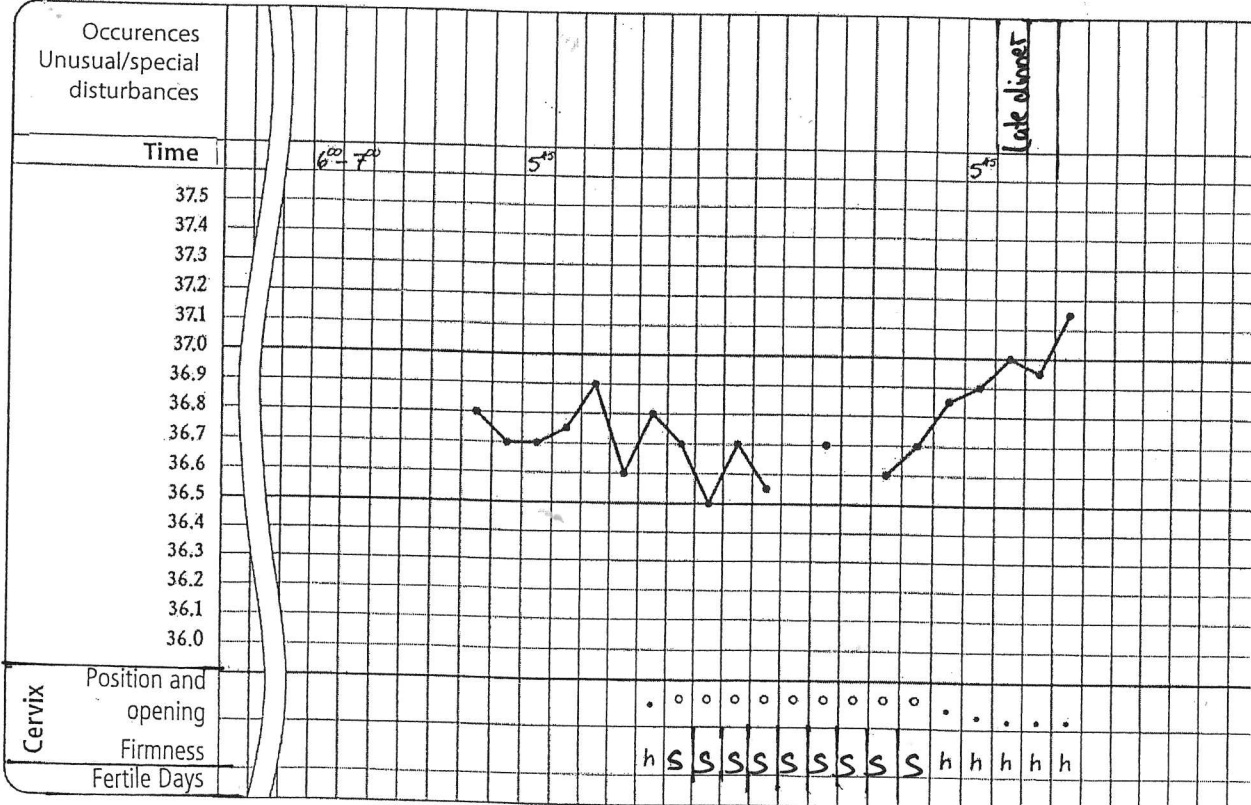


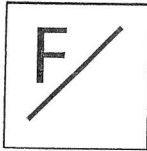


Exercise 192

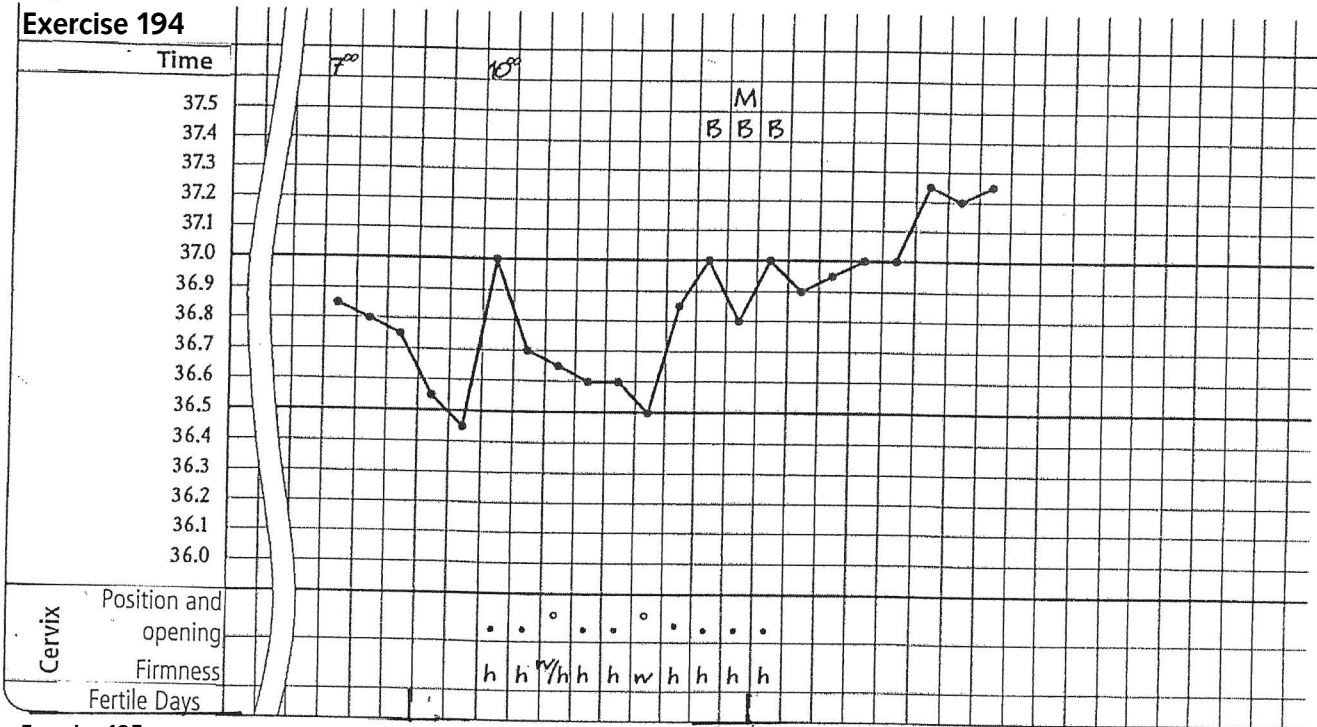


Exercise 193

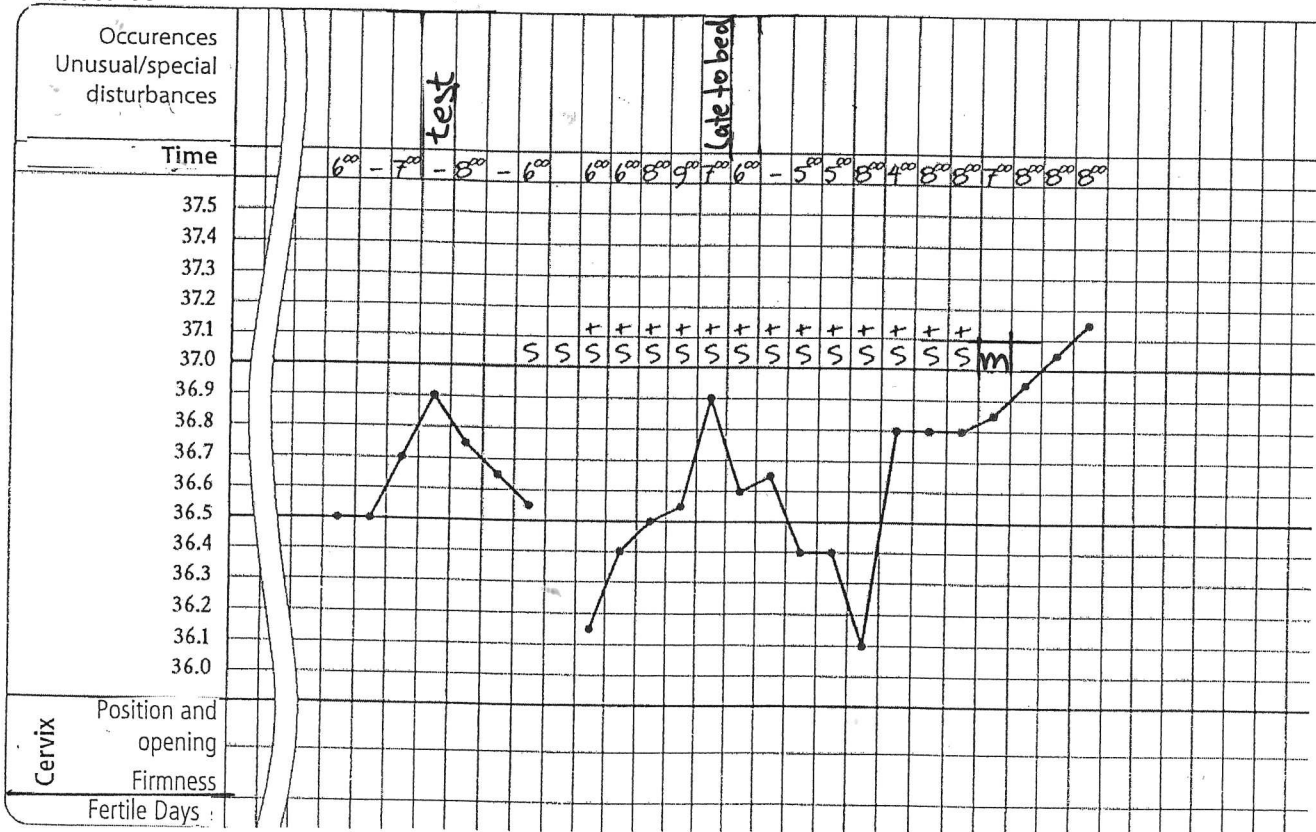




Exercise 194



Exercise 195

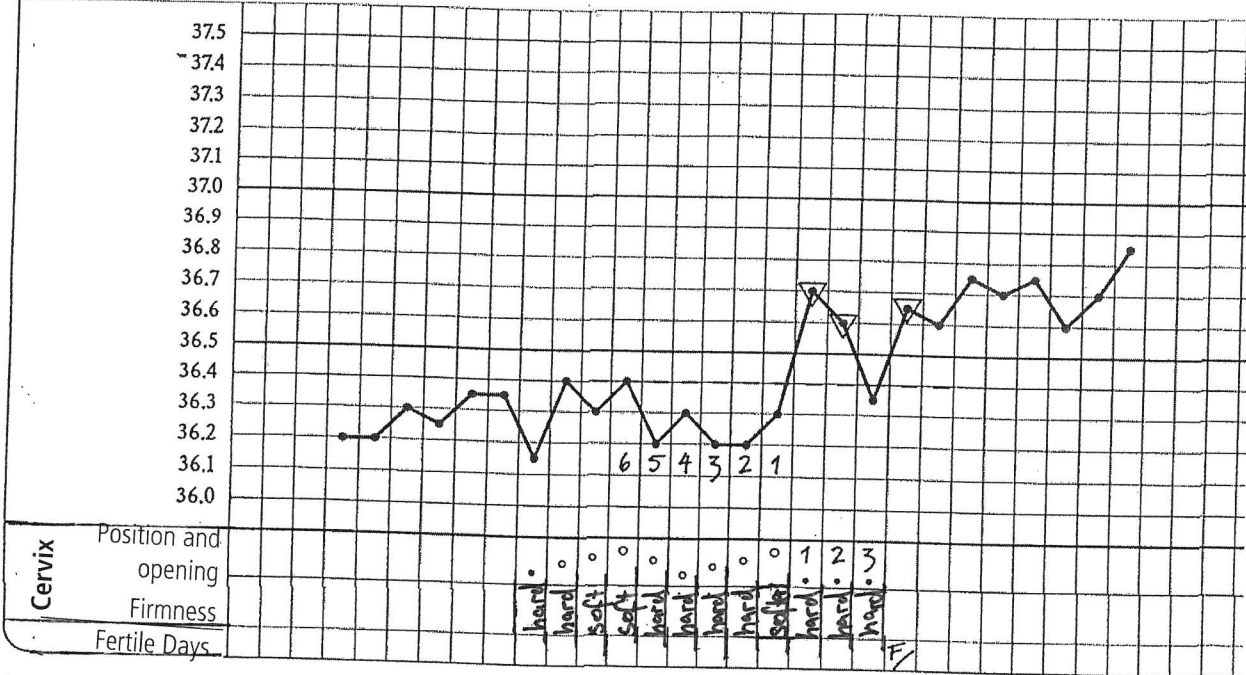


Check your interpretation in the solutions.

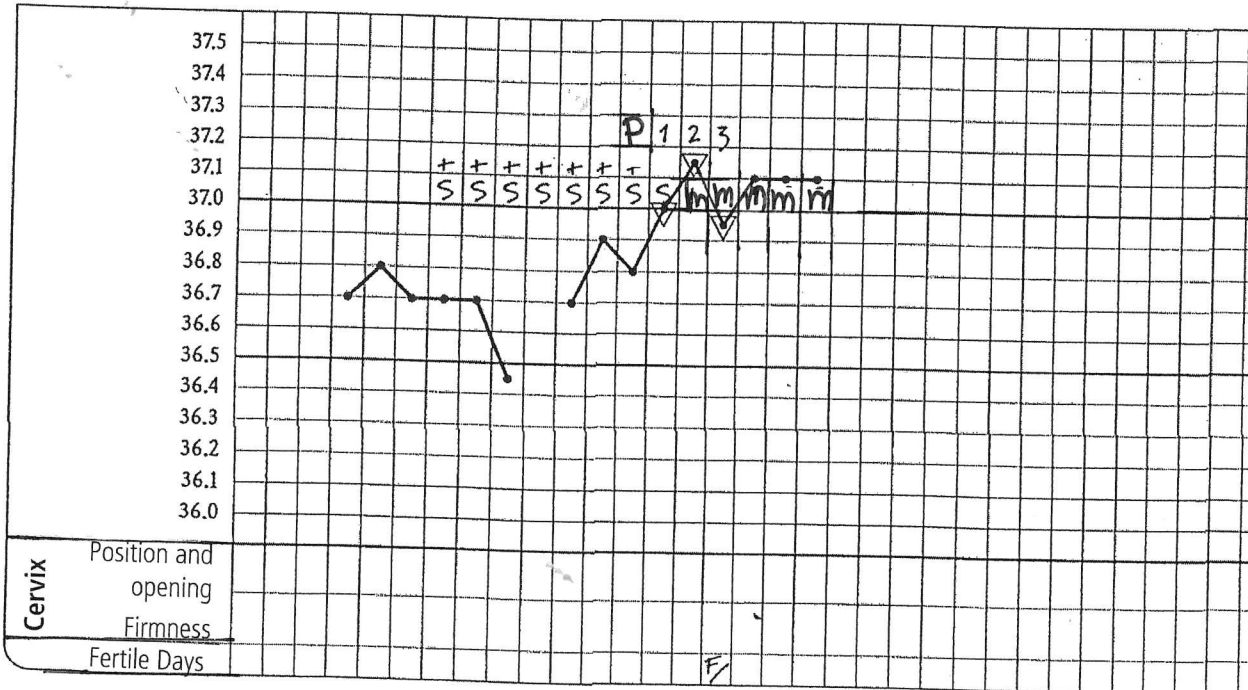


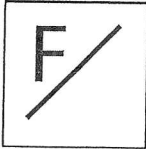
For experts only

Exercise 202



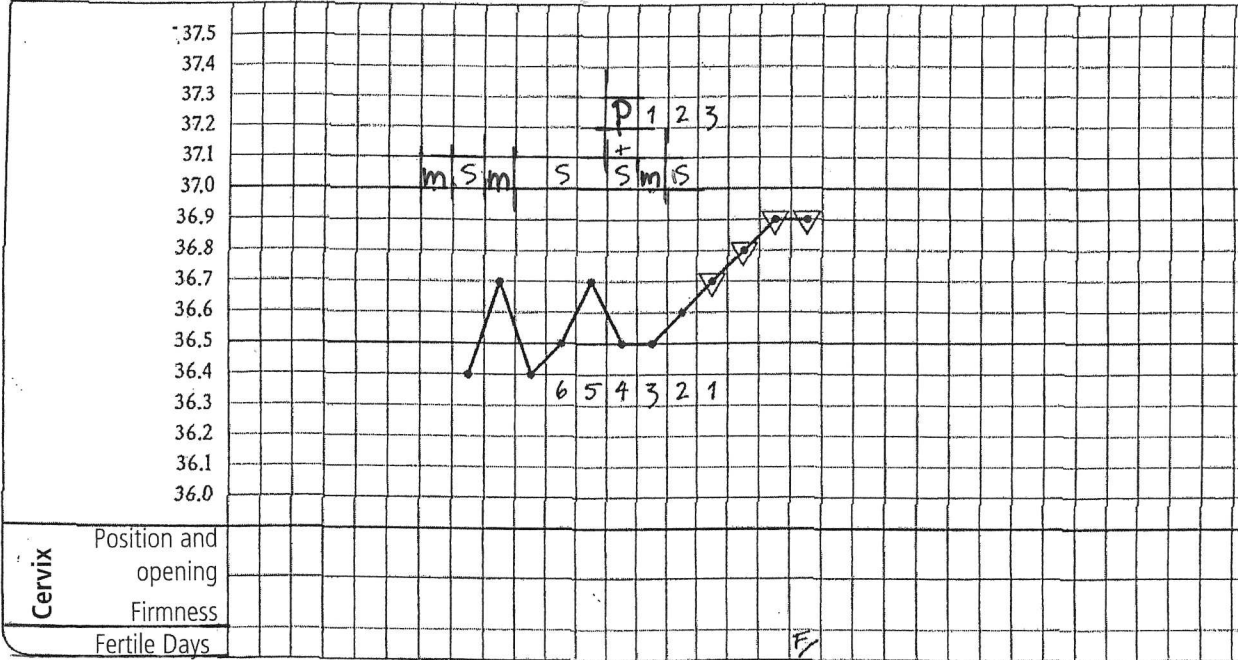
Exercise 203



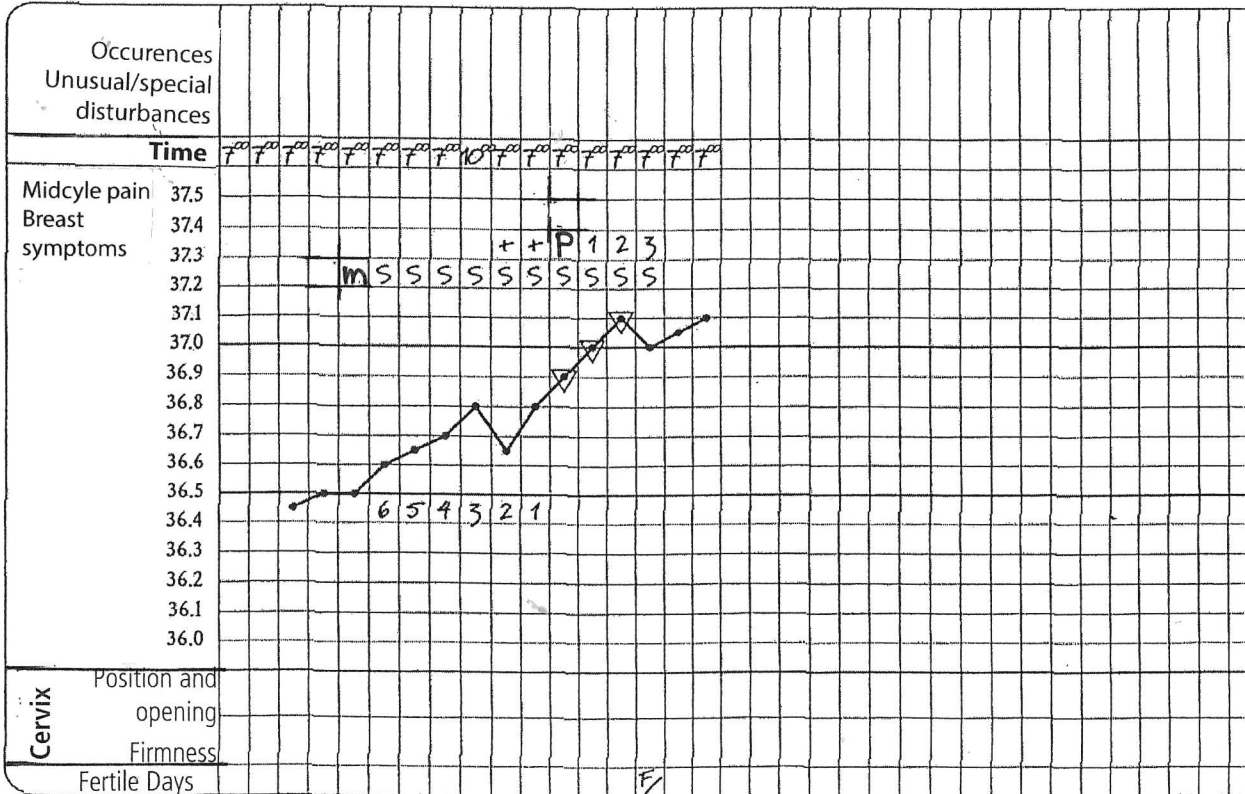


For experts only

Exercise 204



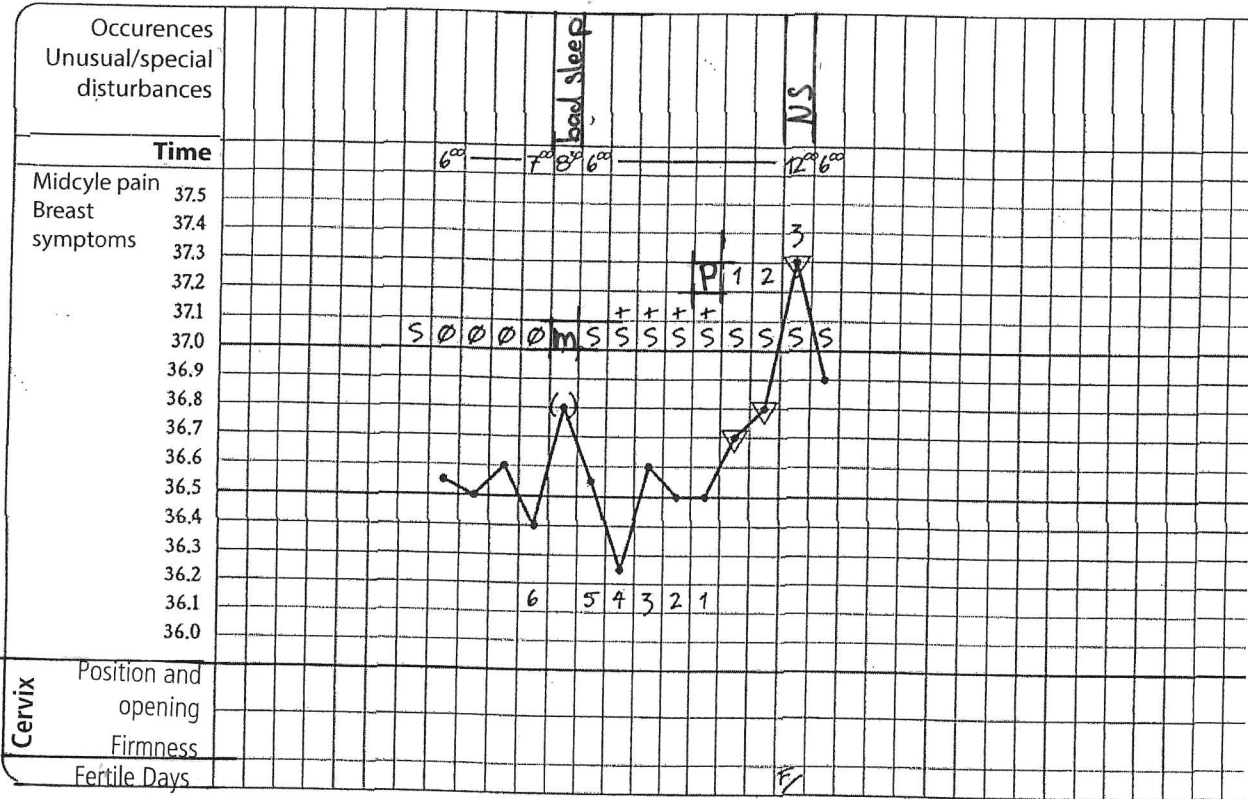
Exercise 205





For experts only

Exercise 206





Exercise 208

Date: 26.3.98	Cycle day	Menstruation	Mucus Appearance Sensation	Cervix Position and opening Firmness Fertile Days	Basal body temperature		Midcycle pain 37,5 Breast 37,4 symptoms 37,3 37,2 37,1 37,0 36,9 36,8 36,7 36,6 36,5 36,4 36,3 36,2 36,1 36,0	Unusual/special disturbances	Occurrences
					Time	Temperature			
1	2								
3	4								
5	6		dry						
7	8		dry itching						
9	10		yellowish itching						
11	12		yellowish itching						
13	14		creamy moist						
15	16		translucent moist						
17	18		elastic moist						
19	20		lumpy moist						
21	22		murky moist						
23	24		nothing moist						
25	26		dry rough						
27	28		dry						
29	30		dry						
31	32		dry						
33	34		dry						
35	36		dry						
37	38		dry						
39	40		creamy						

Cycle-no. 1 4
 Temperature taken R V O X
 Earliest first higher temperature reading in the previous cycles 1 3 5
 Minus 8 1 4
 Earliest first higher temperature reading in this cycle 1 4
 Do you intend to become pregnant in this cycle yes no undecided
 preceded temperature shift

