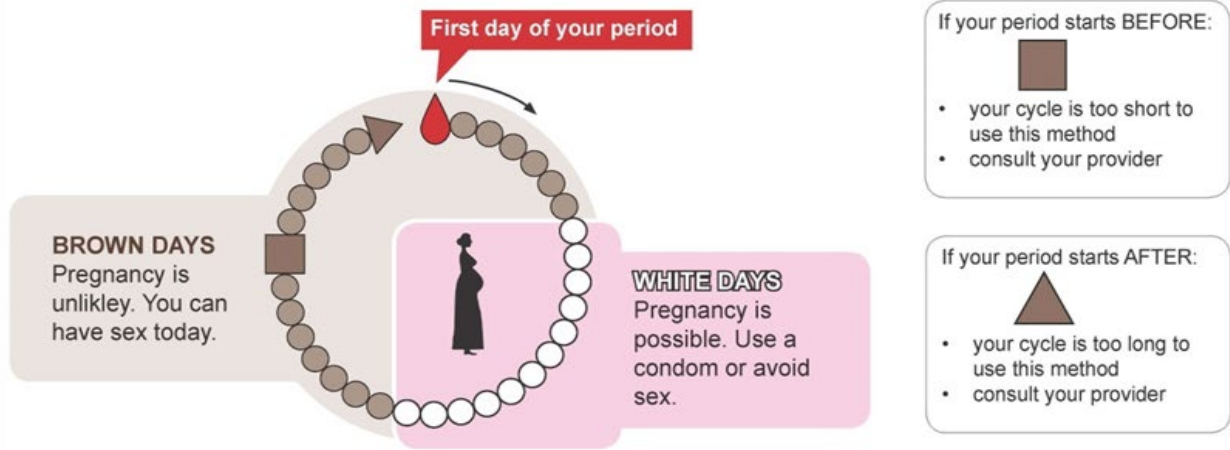


# Standard Days Method®

**The Standard Days Method** helps a woman know the days on which she can become pregnant. SDM is 95% effective when used correctly. Try it now, and talk to your provider about the SDM.

- The SDM is for women who get their period about once a month.
- The SDM is for couples who communicate well and agree to avoid unprotected sex on the days the woman can become pregnant.

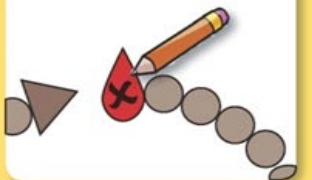
This image represents the menstrual cycle.



## 1. First drop:

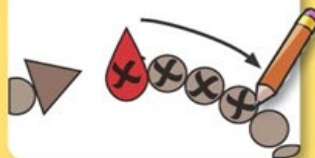
- Mark the first day of your period on the red drop
- Also, mark the date in the area provided:

Date: \_\_\_\_\_



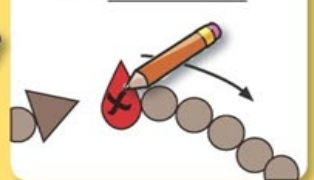
## 2. Each morning:

- Mark an "X" in the next symbol
- Follow the direction of the arrow



## 3. When your period starts again, begin marking the next image

Date: \_\_\_\_\_



## What should you do if you forget to mark?

- Verify the first day of your period
- Count the days that have passed including today
- Starting with the red drop mark the same number of symbols