# What methods are available?

## Main NFP Methods

**Creighton Model / NaPro Technology**

-Track cervical mucus (external observations: color, quality)

**Marquette Method**

-Track cervical mucus

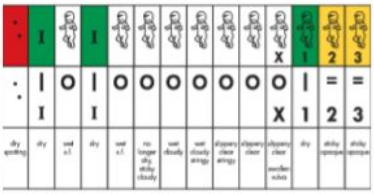
-Use electronic fertility monitor to track hormone levels in urine

-Check daily body temperature or determine fertility "formula"

-Use at least 2 of these 3 monitoring strategies

**Billings Ovulation Method**

-Track sensation of the cervical mucus (no physical examination of mucus)



## Main NFP Methods

**SymptoThermal Method**
**(Couple to Couple League)**

-Track cervical mucus

-Daily basal body temperature

-Feel changes in the cervix

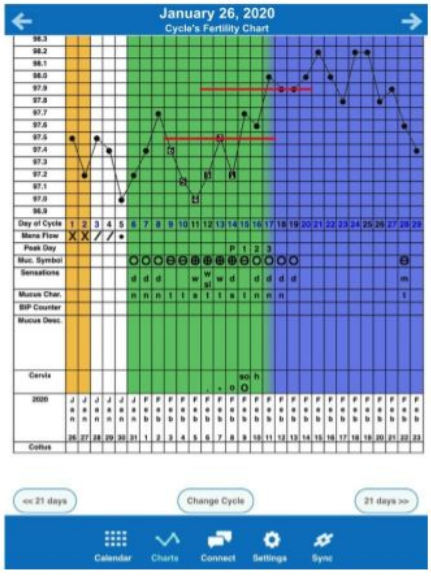



Image from apps.apple.com