

## Natural Family Planning Methods: Comparison Chart

<i>Name of NFP method</i>	<b>Creighton method</b>	<b>Marquette model</b>	<b>Billings method</b>	<b>Symptothermal method</b>
<i>Number of symptoms tracked</i>	1	1 required; 2 optional	1	2 required; 1 optional
<i>Can be used to achieve pregnancy</i>	Yes	Yes	Yes	Yes
<i>Effectiveness rates to achieve pregnancy</i>	98% in 6 months	75% pregnant in 12 months (mucus and monitor; 83% pregnant in 12 months (monitor alone)	78% pregnant in 4.7 months	81% pregnant in 6 months
<i>Can be used to avoid pregnancy</i>	Yes	Yes	Yes	Yes
<i>Effectiveness rates to avoid pregnancy</i>	99.5% (perfect use) / 96.8% (typical use)	98.7% (perfect use) / 97.9% (typical use)	98.5% (perfect use) / 84.1% (typical use)	99.5% (perfect use) / 98.5% (typical use)
<i>Internal observations (possible infection risk)</i>	No	No	No	Yes (cervix changes)
<i>Examination of cervical mucus quality (by touch and/or sight)</i>	Yes (touch and sight)	Optional	Optional (sight; does not use touch)	Yes
<i>Need to purchase a thermometer</i>	No	Optional	No	Yes
<i>Need to purchase a fertility monitor</i>	No	Yes	No	No
<i>Track symptoms throughout the day</i>	Yes	Yes (cervical mucus)	Yes	Yes (cervical mucus, cervix changes)
<i>Track symptoms at specific times of day</i>	No	Yes (temperature, hormone levels)	No	Yes (temperature)

Sources
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