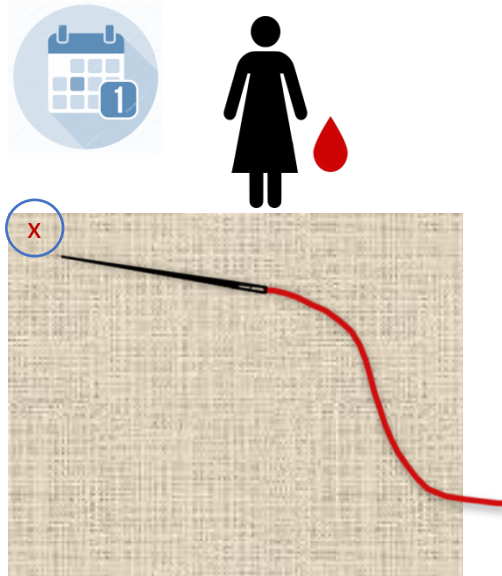
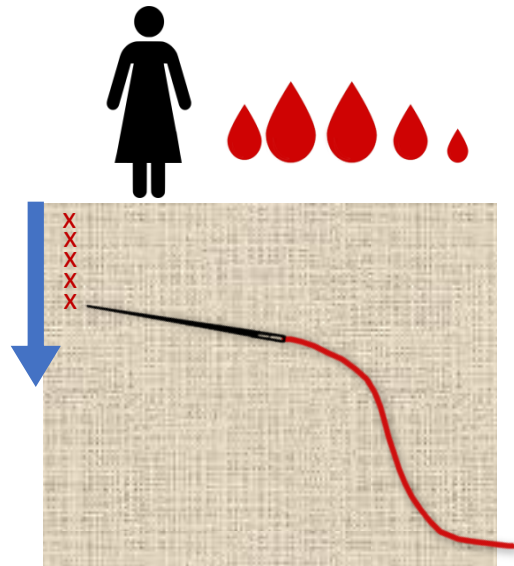


1



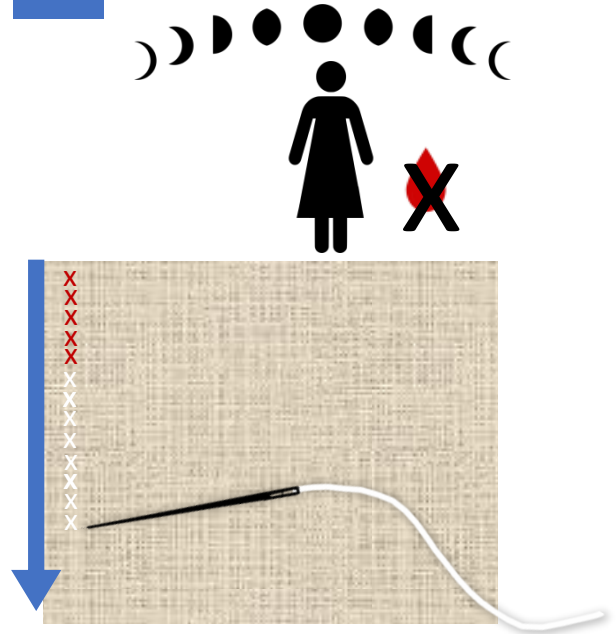
The calendar starts on the first day of the period. Stitch the first red cross.

2

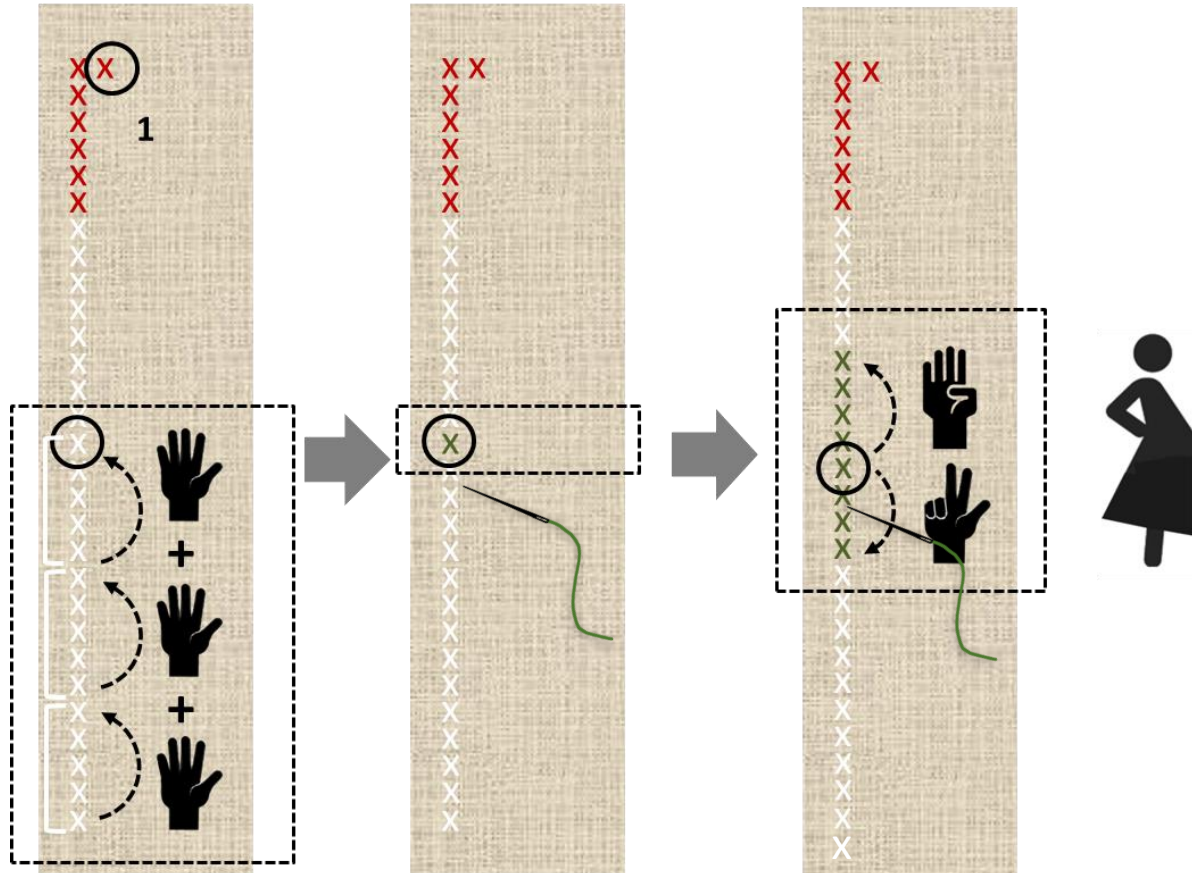


On every further day of the period stitch another red cross creating a vertical red line

3



On the first day without any blood stitch a white cross below. Continue doing this every day until the start of the next period. That is the end of the line.

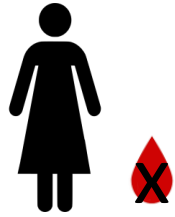


When the next bleeding begins, start again from the top and start a new line down, to the right of the first.

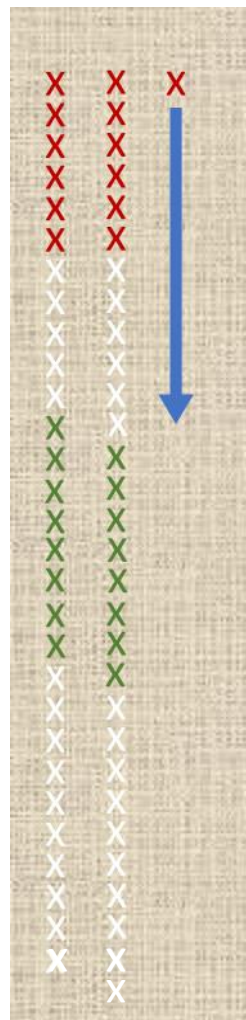
In addition, the first line is redone by counting back 15 days from the last white cross. This 15th cross counted from below marks the most likely day of ovulation and is stitched over with green yarn.

From here, three crosses are embroidered downwards and four upwards are also embroidered in green color. These eight green crosses mark the possible eight fertile days of a woman's last cycle.

5

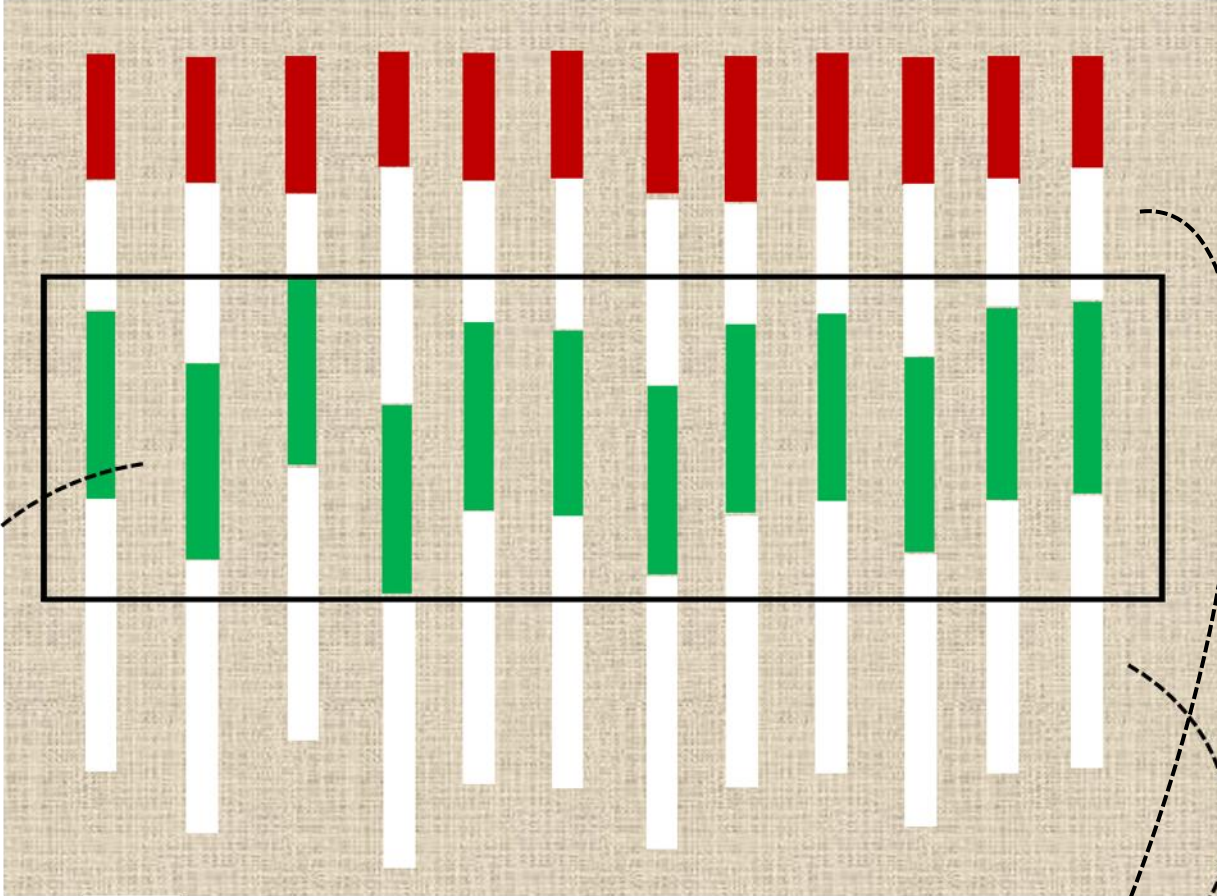
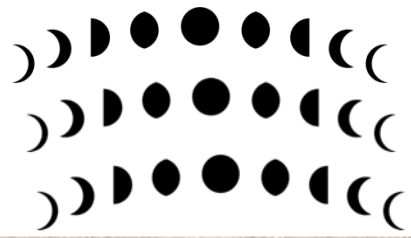


6



After that continue again with the white crosses, so that a second line is created, which is again between about 24 and 36 crosses long, similar to the first one.

With each beginning of a new period, a new row is embroidered with red, white and stitched over green crosses. On the days marked green, this woman could have become pregnant. On all other days, the woman is most likely to be infertile.



After only a few months, the woman, who otherwise has no further medical information about her body, already has a very good overview of her cycle and the associated fertility. She gets to know herself and the biological rhythms of her body, can understand and apply them.

In this way, every woman can get to know her individual cycle.

