

## Go Mobile With CycleProGo®

Prefer paperless? You can easily chart your fertility signs through our app! We've created a simple, convenient electronic charting tool for your mobile device. CycleProGo® allows you to:



**RECORD**  
your symptoms

**VIEW**  
your calculated times  
of fertility and infertility

**SHARE**  
your chart with your  
teaching couple for  
questions or concerns

With additional features such as tracking cycle history, creating custom events and access from multiple devices, CycleProGo® will make it that much easier for you to practice NFP. All three class options include a free CycleProGo® subscription, and anyone can start a free trial by visiting [www.cycleprogo.com](http://www.cycleprogo.com).

### Your Local CCL Chapter



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Couple to Couple League is a non-profit organization that is building joyful marriages by teaching natural family planning, couple to couple.



COUPLE TO  
COUPLE LEAGUE

## NATURAL FAMILY PLANNING

# Natural Family Planning



**Safe, healthy and effective...**  
and it can change your hearts in surprising ways!

Discover a **natural way** to **postpone** or **achieve** pregnancy...a **modern method**

of Natural Family Planning (NFP) proven to be  
**99% effective** in *postponing pregnancy...*  
and also used with **considerable success**  
by couples **trying to conceive.**

### What is Natural Family Planning?

Natural Family Planning is based on an awareness of a woman's fertility. Couples learn how to interpret certain signs in the woman's body that indicate her fertile and infertile times. Couple to Couple League's (CCL) Sympto-Thermal Method can easily fit into one's daily routine. It takes just a few seconds each morning to take the woman's waking temperature or to notice any cervical

mucus throughout the day, and then couples spend a few moments at the end of the day to discuss the observations. It becomes a simple daily habit like brushing your teeth or combing your hair. Once this information is recorded in CycleProGo® (CCL's mobile app) or on a paper chart, couples have a complete picture of their fertility.

## The Advantages of Natural Family Planning

### Effectiveness



Several published clinical trials demonstrate NFP is 99% effective in postponing pregnancy — the same effectiveness range as hormonal methods and more effective than devices, creams and other unnatural methods.

Because NFP is 100% natural, it is 100% safe and has no health risks. It involves no potentially harmful birth control drugs or devices.



**Natural and safe**

### More satisfying marriages



Most couples report that practicing NFP has a positive effect on their marriages. They find using NFP improves their communication and gives them a deeper respect for each other. Couples also find the abstinence times give them a chance to show their love in ways other than through sex, which helps keep their relationship fresh.

Irregular? No problem. Modern NFP can be used effectively by women with irregular cycles because if the fertile time comes earlier or later than usual, typically the fertility signs will come earlier or later as well.

**Irregular?  
No problem.**

**Works with  
irregular cycles**

## Low cost

### SAVE



NFP costs significantly less than birth control. After learning it, there are no continuing costs besides charting-related expenses.

Because NFP teaches a woman to become aware of her normal fertility pattern, changes in this pattern can alert her to possible medical problems. With this increased knowledge of their cycles many women feel more empowered and in control.



## Increased health awareness

## Allows fullness of love



NFP allows a couple to love one another without barriers and without altering the body. In this way, a man and woman can love fully, without holding anything back, giving all of themselves to the other – they are able to Live the Love of their wedding vows. For this reason it is accepted by all major religions.

NFP is helpful for achieving pregnancy — couples just change their timing. There's no waiting period. And there's been no damage to the woman's fertility — as can happen with some unnatural methods.



## Helpful for achieving pregnancy

## Three Ways to Learn

CCL offers three types of classes to fit your schedule and preferred method of learning.



**Live Onsite:** A series of three classes held in a classroom setting and taught by a certified teaching couple. Classes are spaced a month apart to give you a chance to practice what you learn.



**Live Online:** Similar to the onsite class but you meet live online, in a virtual classroom, with a certified teaching couple. You'll see your teaching couple and have the ability to ask questions and get instant answers through a webcam or chat feature.



**Self-paced Online:** This video-based course teaches you NFP in a series of interactive lessons. You learn at your own pace and on your own schedule. You will be connected to a teaching couple who will be available by email or phone to help you along the way.

**CCL also offers specialized classes for the postpartum and premenopause transition times.**



To learn more, visit [www.ccli.org](http://www.ccli.org) and click on **Learn NFP from CCL**

**Go Now!**

## What Couples Are Saying

"NFP has become a way of life that fits easily into our environmental mindset, and I like that it is something we work on together."  
— Andy, Michigan



"We are absolutely thrilled with the Sympto-Thermal Method! We finally found peace in planning our family, and I was shocked to find out how much I enjoy not being on the pill any more. I'm just disappointed that it took so long for us to find that there is an alternative to artificial birth control methods."  
— Susan, California



"We both really appreciate knowing what my body is up to."  
— Kaitlyn, West Virginia



"I learned so much about my body in that first class that I vowed never to go back to the pill. I was so amazed to learn about all of the signs that my body would display through my cycle...things that no doctor, no health class or even my mother ever told me."  
— Kelly, New Jersey

"When we got married we could have been the poster couple for supposedly needing contraception, [but] I didn't want my wife to put chemicals in her body."  
— Bennett, Texas



"Thank you for what you have brought into my life. I was on the pill, and while I was happy with its effectiveness, something was missing. I now feel so much healthier — physically and spiritually."  
— Maggie, Virginia