

## Questions for Class 1 Sympto-Thermal Method

1. When is the male fertile?
2. What is the lifespan of sperm?
3. What affects the life of the sperm?
4. What is the importance of the cervix.?
5. When does the cycle begin?
6. What is menstruation?
7. What is ovulation?
8. What is the lifespan of the egg?
9. What is fertilization?
10. What is implantation? When does it occur?
11. What two signs indicate the fertile time?
12. Which sign indicates that ovulation has occurred?
13. What is Peak Day?
14. When do you know Peak day has occurred?