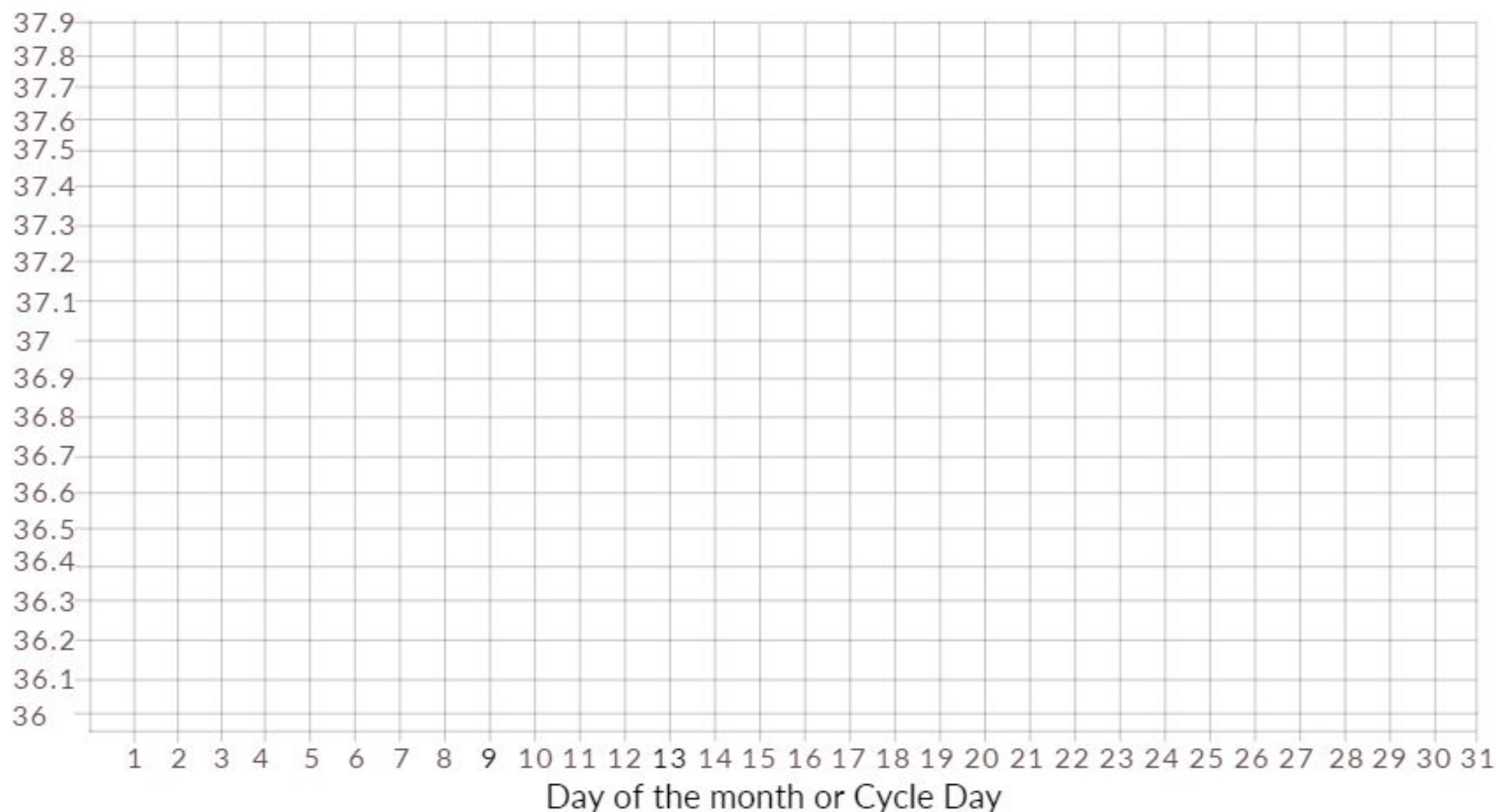


**TIPS**

- Take your temperature every morning before you get out of bed
- Note the days you have sex
- Start on the first day of your period
- Note any illness or bad sleep as it could affect your temperature

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