

FULL

Program

SESSION 1

OCT 6TH

Foundations of Fertility Awareness

Reproductive anatomy+ hormones, Menstrual cycle, Ovarian cycle, Introduction to fertility awareness charting, Cervical mucus (CM) observation & charting.

SESSION 2

OCT 13TH

Learning Your Fertility Biomarkers

Review CM observations from Session 1, Basal Body Temperature (BBT) charting, Cervical position observation & charting, Introduction to the Symptothermal Method.

SESSION 3

NOV 3RD

Symptothermal: double check rules.

Learn STM rules (CM, BBT, & cross-check), Fertility awareness learning curve, Managing the fertile window, Conception strategies for fertility

SESSION 4

NOV 17TH

Symptothermal: double check rules, pt.2

Review STM rules (CM, BBT, & cross-check), Fertility awareness learning curve, Managing the fertile window, Conception strategies for fertility

www.wombcarrier.com

SESSION

5

Personalized Chart Review &
Assessment #1

DECEMBER

60 minues, Zoom, 1:1

SESSION

6

Personalized Chart Review &
Assessment #2

DECEMBER

60 minues, Zoom, 1:1

SESSION

7

Personalized Chart Review &
Assessment #3

JANUARY

60 minues, Zoom, 1:1

SESSION

8

Personalized Chart Review &
Assessment #4

JANUARY

60 minues, Zoom, 1:1

WOMBCARRIER

ADDITIONAL INFORMATION:

- All 8 sessions will be uploaded to a pCloud folder with your name on it (100% private) where you can **access anytime for up to 1 year once you start the program**. You can also download the videos from pCloud to your external hard drive or computer.
- Once you are enrolled, you will receive the **Client Intake form, Sympto-Thermal Method Assessment sheet & a Client Disclosure form** that you will fill out & send back to me.
- After I have received the forms filled out, I will email you my available dates to schedule your **Client Intake Assessment session: 60 min**, where we review your Client Intake form. *only after completing this session you will have access to start the FAM Learning program.

ENROLLMENT

STEP 1: FILL YOUR REQUEST FORM

<https://forms.gle/SMZMKUbA5JsUGhUZ8>

STEP 2:

You will receive payment information via whatsapp.
after your payment is successfull, you will be added to
the fam learning program whatsapp group & further
instructions will be listed there.