



6-5-0 Day Rule

Effectiveness: 99.8%

“The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple’s sexual behavior during the fertile time: a prospective longitudinal study,” Frank-Herrmann et al, *Human Reproduction* , 2007;22(5):1310-1319.

“A Prospective Sympto-Thermal Trial in Austria, Germany and Switzerland,” Roetzer, Presentation III International Congress IFFLP/FIDAF, Hong Kong, Nov 20-30, 1983.

S-20 Rule

Effectiveness: *No pregnancies recorded at time of study*

Vollman RF. *The menstrual cycle*, Philadelphia, WB Saunders Company, 1977

Marshall J. A field trial of the basal-body-temperature method of regulating births. *Lancet* 2:8-10, 1968.

Rice FJ, Lanctot CA, Garcia-Devesa C: Effectiveness of the sympto-thermal method of natural family planning; an international study. *Int J Fertil* 26:222-230, 1981.

Earliest 6 Last Lows (E6LL)

Effectiveness: <1% per Dr. Roering

“About the Dependability of the Temperature Method to Avoid Conception,” Doering, Translated from the original article in *Deutsche medizinische Wochenschrift* (9 Jun 1967); 92: 1055-1061

Early Dry Days Rule (EDDR)

Effectiveness: 97.1 to 99.5%

“Evaluation of the Effectiveness of a Natural Fertility Regulation Program in China,” Qian et al, Paper presented at a Congress organized by the Center for Study and Research in the Natural Regulation of Fertility, Università Cattolica del Sacro Cuore, Rome, Italy, 8 Sep 2000.

“Timing of sexual intercourse in relation to ovulation,” Wilcox et al, *The New England Journal of Medicine* (7 Dec 1995); 333, 23:1517-1521.

Basic Mucus Rule (BMR)

Effectiveness: 97 to 99% *in typical cycles*

“Use Effectiveness of the Creighton Model Ovulation Method of Natural Family Planning,” Fehring et al, Marquette University, College of Nursing Faculty Research and Publications, 1994.

“Evaluation of the Effectiveness of a Natural Fertility Regulation Program in China,” Qian et al, Paper presented at a Congress organized by the Center for Study and Research in the Natural Regulation of Fertility, Universita Cattolica del Sacro Cuore, Rome, Italy, 8 Sep 2000.

Sympto-Thermal Rule (STR)

Effectiveness: 99.9%+

“The effectiveness of a fertility awareness based method to avoid pregnancy in relation to a couple’s sexual behavior during the fertile time: a prospective longitudinal study,” Frank-Herrmann et al, Human Reproduction, 2007;22(5):1310-1319.

Natural Conception Regulation, Roetzer, Freiburg: Herder, 2006

BBT Rule

Effectiveness: 99.9%

“About the Dependability of the Temperature Method to Avoid Conception,” Doering, Translated from the original article in *Deutsche Medizinische Wochenschrift* 92: 1055-1061, 9 Jun 1967.

Mean Temperature Rule

Effectiveness: 99.9%

Vollman RF. *The menstrual cycle*. Philadelphia, WB Saunders Company, 1977

4 > 6 Rule

Effectiveness: 99.9%

Tieze C. Relative effectiveness. In: Calderone Ms. *Manual of family planning and contraceptive practice*. 2nd ed. Baltimore, Williams and Wilkins Company, 1970. p.268-275