

After Introductory Session to First Follow-up

- Begin observations and charting the next day after the Introductory Session.
- Both the man and woman should read the Creighton Model Introductory Booklet. Concentrate on pages 13 to 33.
- Complete the General Intake Form and bring to first follow up session.
- Document on a separate sheet of paper any dates of surgery, tests, name and dosages of any medications (even over the counter supplements) and bring to the First follow-up
- The last page of the booklet is blank for you to write things down that you want to remember or discuss at the follow-ups.
- Please allot 60-90 minutes for the follow up session.
- Please read the policy information handout to be prepared for our online session.

After the First Follow-up

- Read Creighton Model User Manual pages 13-26,57-64.
- Read the SPICE section on pages 35 to 38
- Complete the SPICE Index
- Create a SPICE list - a list of ways to show your affection to each other

After the Second Follow-up

- Study pages _____ in the manual
- Read the "Special Method Instructions" from pages 57 to 64. Focus on seminal fluid, arousal fluid, double and split peaks and early ovulation

After the Third Follow-up

- Study pages _____ in the manual
- Read Introduction to NaProTECHNOLOGY pages 39 to 51
- Complete the Observational and Cycle Reviews or be prepared to complete it at the beginning of the Fourth Follow-up

After the Fourth Follow-up

- Study pages _____ in the manual
- Complete the teacher and follow-up evaluation sheets and bring to the Fifth Follow-up.