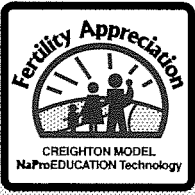


INSTRUCTIONS FOR COMPLETING SPICE INDEX

1. The SPICE Index is a confidential assessment that is designed to be used for the purposes of monitoring your individual growth and growth as a couple in those areas relating to sexual maturity and decision making.
2. It is to be completed by both the man and the woman prior to your second follow-up and at the sixth and eighth follow-up.
3. Both members of the couple complete their own form for themselves (self-evaluation) and for their spouse or fiancé(e).
4. Once the forms are complete, you may discuss the results together.
5. Return the form at your second follow-up and your **FertilityCare™ Practitioner** will score it and discuss it with you.
6. The results of your SPICE Index will always be held confidential but the scores on the index may be used for research purposes at a later time (with no personal identification in any way associated with the results).



CREIGHTON MODEL
FertilityCare™ System

SPICE INDEX

CONFIDENTIAL ASSESSMENT

Person completing SPICE INDEX Woman Man

INSTRUCTIONS: Please answer the following questions to the best of your ability and bring this form with you to your second follow-up.

Please rate each of the following according to the following scale:

1 = Poor 2 = Fair 3 = Good 4 = Very Good 5 = Excellent
 n/a = Not applicable

At the **present time**, how would you rate the following?

- A. Dialogue (communication) with your spouse or fiancé(e)
- B. Mutual respect for each other
- C. The actual sharing of family planning responsibility
- D. The ability to exercise self-control or self-mastery in the area of your sexual relationship
- E. The ability to plan the avoidance of genital contact
- F. The ability to distinguish between arousal touch and affirming touch
- G. The ability to express tenderness and affection
- H. Your ability to **mutually** discuss your pregnancy related intentions
- I. Your ability to **mutually** discuss the fertility or infertility of any given day
- J. Your ability to **mutually** implement your pregnancy related intentions

	WOMAN'S SELF-EVALUATION		WOMAN'S EVALUATION OF MAN		MAN'S SELF-EVALUATION		MAN'S EVALUATION OF WOMAN
A							
B							
C							
D							
E							
F							
G							
H							
I							
J							
TOTAL POINTS							

For use at your Follow-up:

FU# ID#

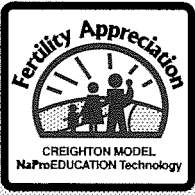
Calculation of your SPICE INDEX:

Date: _____

Woman's self-evaluation
 Woman's evaluation of man

Man's self-evaluation
 Man's evaluation of woman

TC



CREIGHTON MODEL
FertilityCare™ System

SPICE INDEX

CONFIDENTIAL ASSESSMENT

Person completing SPICE INDEX Woman Man

INSTRUCTIONS: Please answer the following questions to the best of your ability and bring this form with you to your second follow-up.

Please rate each of the following according to the following scale:

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- A. Dialogue (communication) with your spouse or fiancé(e)
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- I. Your ability to **mutually** discuss the fertility or infertility of any given day
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	WOMAN'S SELF-EVALUATION	WOMAN'S EVALUATION OF MAN	MAN'S SELF-EVALUATION	MAN'S EVALUATION OF WOMAN
A				
B				
C				
D				
E				
F				
G				
H				
I				
J				
TOTAL POINTS				

For use at your Follow-up:

FU# ID#

Calculation of your SPICE INDEX:

Date: _____

Woman's self-evaluation
 Woman's evaluation of man

Man's self-evaluation
 Man's evaluation of woman

TC