

The Creighton Model FertilityCare™ System

A Natural, Pro-Woman Approach to Reproductive Health



The Creighton Method is a fertility awareness system that teaches women to observe and chart biological signs, especially cervical mucus, throughout their menstrual cycle. Each day's observations are recorded on a standardized chart, revealing patterns that help monitor fertility, diagnose health concerns, and support natural family planning. Rooted in Catholic values and medical science, it's a woman-centered approach to reproductive health that respects the dignity of the body and the gift of life.

What Can It Be Used For?

1. Natural Family Planning:

Couples can use the chart to identify fertile and infertile days, helping them achieve or avoid pregnancy—naturally and ethically.

2. Health Monitoring:

Abnormalities in the chart can signal underlying issues like hormone imbalances, ovarian cysts, or cycle irregularities.

3. NaPro TECHNOLOGY® Support:

Physicians trained in NaProTECHNOLOGY use the woman's chart as a diagnostic tool to help treat conditions such as:

- ◊ PCOS (polycystic ovary syndrome)
- ◊ Endometriosis
- ◊ Infertility
- ◊ Recurrent miscarriage
- ◊ PMS and other cycle-related concerns

Why Women Choose Creighton

- ◊ Faith-Aligned: Fully consistent with Catholic moral teaching
- ◊ Woman-Centered: Honors the dignity and design of the female body
- ◊ Relationship-Building: Encourages shared responsibility and communication between spouses
- ◊ Scientifically Accurate: Rooted in decades of peer-reviewed medical research
- ◊ Life-Affirming: Works with the body—not against it

How It Works

- ◊ Observe: Daily signs of fertility are noticed during normal activities
- ◊ Record: Each observation is charted by hand or using a digital tool
- ◊ Review: A trained FertilityCare Practitioner helps interpret the chart and apply the method confidently

Holistic. Faithful. Empowering.

The Creighton Method offers more than a way to plan your family—it's a lifelong tool for understanding your health, honoring your body, and living in harmony with your faith.

Example Chart:

■ = menstrual bleeding ■ = no bleeding or discharge = cervical mucus observed

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35														
M	M	M	M	L OAD	VL OAD	OAD	OAD	2x2	OAD	OAD	2x1	OAD	OAD	8Kx1	2x1	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	OAD	2AD	Infertility																			
H	H	M	L OAD	VL OAD	VL OAD	4x2	4x1	2AD	2AD	4x1	8Cx1	10OL x2	10CL x2	10KL AD	10CL x1	10K x1	10K x1	6C x1	OAD	OAD	OAD	OAD	2AD																Miscarriage									
M	H	H	M	L OAD	VL 2AD	OAD	OAD	4x1	4x3	2AD	6C x1	10CL x1	10CL x1	10CL x2	8C x1	OAD	2AD	OAD	OAD	OAD	OAD	OAD	B OAD	B OAD	VL OAD	VL OAD	VL 2AD	Low progesterone																				
H	M	L OAD	VL OAD	VL OAD	VL OAD	VL OAD	VL OAD	VL OAD	VL 2x1	VL OAD	VL 2x2	VL OAD	OAD	OAD	2AD	OAD	2x1	VL OAD	OAD	OAD	OAD	OAD	2AD	2AD	VL														Abnormal bleeding									

Each numbered column represents one day of the menstrual cycle, while each row shows a different cycle pattern. Letters and symbols record daily observations—such as menstrual flow (M, H, L), dry days with no discharge (OAD), or cervical mucus characteristics (for example, 2x1 indicating amount and sensation). When viewed together, these standardized annotations reveal fertility patterns and possible health concerns over time.