1. Move the marker to the white bead on the 1st day of your menstrual cycle.

2. Every day move the marker to the next bead on the bracelet. Follow the direction of the arrow on the white bead.

3. When the marker is on a BLUE or WHITE bead, you have a lower risk of becoming pregnant after having intercourse.

4. When the marker is on an ORANGE bead, you have a higher risk of becoming pregnant after having intercourse.

5. When menstruation begins, ALWAYS move the marker back to the WHITE bead even if there are still blue beads left.