



This is a course overview of our online teen program for girls ages 16-18 years old.

Welcome to TrueFem Teens!

Welcome video
Printable charting guide
Printable course activity
Timeline for completion

This is a self-paced online course. We provide a recommended timeline to follow for completing the online portion prior to meeting with an educator.

Module 1: Anatomy & Physiology

Video lecture (13 mins)
Online quiz
Printable Module Notes

Module Outcomes

Learners will understand the basic anatomy and physiology of the female reproductive system as well as function.

Module 2: The Ovulation Cycle

Video lecture (10 mins)
Online quiz
Printable Module Notes

Module Outcomes

Learners will understand that ovulation is a sign of health and how hormones affect the reproductive system.

Module 3: Your Brain & Your Cycle

Video lecture (10 mins)
Online quiz
Printable Module Notes

Module Outcomes

Learners will understand how the brain and ovaries communicate to cause the event of ovulation every cycle.

Module 4: Making Observations Using SOFT

Video lecture (9 mins)
Online quiz
Printable Recording Sheet & Habit Helper

Module Outcomes

Learners will understand and implement the biomarker observation process using the SOFT method.

Module 5: Biomarkers: Signs of Life

Video lecture (26 mins)
Online quizzes (x2)
Printable Module Notes and paper chart

Module Outcomes

Learners will understand how to identify cervical mucus observations and correlate them to hormone activity.

Module 6: Biomarkers– Examples

Video examples (3 short videos)
Printable Charting example

Don't wait until the end if you have questions! TrueFem is always happy to answer any learner questions as they work through the content.

Module 7: Biomarkers– Advanced

Video lecture (20 mins)
Online quizzes (x2)
Printable module notes

Module Outcomes

Learners will understand the significance of patterns, normal parameters, PMS, and how birth control impacts ovulation.

Track Your Progress

Course worksheet answer key
Certificate of completion
Course feedback survey

We value your feedback. By providing us feedback about the course, we can make it better. Learners receive a certificate of completion at the end!

At the completion of the online portion, learners will schedule their first live session with an instructor for chart review and education. Learners should have about 2-3 weeks of practice charting by their first live session.

After purchasing this program, learners will be enrolled by TrueFem and receive an email invitation to begin the course. Follow-ups can be scheduled online at www.truefem.org and are included in the course fee.

Week 1:
**Anatomy & Physiology +
The Ovulation Cycle**

Week 2:
**Your Brain & Your Cycle + How to Make
Observations**

Week 3:
**Implement your new SOFT habit! Practice making a new habit
and record your daily observations in the progress log.**

Week 4:
Biomarkers: Signs of Life + Biomarkers Examples
Chart using the content learned in this module for one full week

Week 5:
Biomarkers: Advanced + Track your Progress
**Schedule your first follow up at www.truefem.org online. Learners should have 2-3 weeks of
practice charting by their follow-up appointment.**

Welcome! Let's get started.

This is a recommended timeline of when to complete the modules and activities so you have time to learn and implement the new habits you will be forming. If you have questions as you are working through this course, please reach out to us! The sooner we can answer your questions, the more accurate your charting will be!

www.truefem.org
admin@truefem.org

