

## THE NFPI HOME STUDY COURSE FOR MARRIAGE PREPARATION AND PERSONAL USE

**What is it?** The NFPI home-study course is a convenient way for couples to complete an NFP course either required as a normal part of marriage preparation or simply for personal knowledge.

### What's involved?

- Studying the NFPI manual, *Natural Family Planning: The Complete Approach*.
- Learning how to observe, record, and interpret the signs of female fertility.
- Charting the woman's signs of fertility.
- Sending the charts as completed to the NFPI office for review and comment.
- Testing based on the NFPI manual.

### What's the process?

- Study the first four chapters of *Natural Family Planning: The Complete Approach*.
- Send NFPI at least 2 personal cross-checking charts with your interpretations
- Interpret charts sent by NFPI until knowledge is shown.
- Answer questions for Chapters 1-3 of the manual (Test 1).
- Answer questions for Chapters 4-5 of the manual (Test 2).
- Answer questions for Chapters 6-8 of the manual (Test 3).

Only one test will be sent at a time. It must be done well before the next test will be sent.

**Certificate of Completion.** When a person shows a working knowledge of NFP and Catholic teaching on this subject by the completion of the above, a course certificate will be sent to the person or the priest who wants the certificate. If a person fails to show a working knowledge of NFP and Catholic teaching on this subject at a certain date, NFPI is obliged not to grant a course certificate. The subject matter is not intellectually difficult, and NFPI will work with students until they acquire a working knowledge as demonstrated by charting and answering the basic questions in the tests.

**When to start.** For marriage preparation, you need to start the course **at least** six months before the wedding date. For personal use, you can start at any time.

**How to get started.** One of the parties sends a donation of \$70 or more (payable to NFP International) to:

NFP International  
P. O. Box 11216  
Cincinnati OH 45211

- Upon receipt of the donation, the first test will be sent. If the other party of the engaged couple is required to take the course separately due to living in a different city or job obligations, an additional \$50 donation or more is requested since the extra testing requires additional time and effort for review and comment.
- Purchase a Becton Dickinson digital basal thermometer. See Books/Thermometer at the **And More** section on the left side of the NFPI Home Page, [www.NFPandmore.org](http://www.NFPandmore.org).
- Obtain *Natural Family Planning: The Complete Approach* in one of two ways:
  1. Purchase the manual at [www.Lulu.com](http://www.Lulu.com). We recommend the **coil** (spiral) edition—it lays flat.
  2. Download it from the Home Page of [www.NFPandmore.org](http://www.NFPandmore.org). Use 3-hole paper and a 3-ring binder.
- Download free charts from the NFPI Home Page.

**Local courses are preferred.** This course does not compete with local courses offered by Natural Family Planning International. It is preferable for several reasons to learn this material directly from NFPI trained teachers if they are teaching in your community.