1. **QUESTIONNAIRES**
   Complete the following questionnaires over the phone/email:
   - Dietary Questionnaire (1st of 3)
   - Baseline Questionnaire

2. **BASELINE VISIT**
   Collect biospecimens:
   - Blood
   - Urine
   - Saliva
   - Vaginal swab
   - Rectal swab
   - Hair clippings
   - Nail clippings

   Obtain measurements of:
   - Height/Weight
   - Blood pressure
   - Body composition
   - Pulse measurement
   - Skin thickness
   - Sonographic assessment

   *Complete any incomplete or unanswered questionnaires

3. **URINE COLLECTION**
   At home, collect weekly first-morning urine samples using a kit we will provide and store samples in your freezer.
   Pregnancy test strips will be provided in the kit!

4. **QUESTIONNAIRES & BRACELETS**
   Complete the two remaining dietary questionnaires, a monthly questionnaire, and wear air monitor bracelets for 1 week.

5. **TRACKING & FOLLOW UP**
   Keep track of your periods and when you have sex. We’ll check in with you regarding your pregnancy status once a month.

**IF NOT PREGNANT AFTER 5 MONTHS, REPEAT**