

Day	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	36	37	39	40		
Day - Week																																									
Date																																									
37.3 °C																																									
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36.0 °C																																									
Conditions Affecting Temperature																																									

Instructions

In order to get a better understanding of your basal metabolic rate and thyroid function please take your resting temperature before you get out of bed every morning and record it in the chart above.

Ideally this should be taken around the same time every day, using an electronic thermometer placed under the tongue.

Make note of any conditions affecting temperature; for example, an infection or consuming alcohol the night before.

Please bring this chart with you to your next appointment.

