

Thyroid Temperature Chart

1. **Before arising** place digital basal thermometer under armpit but do not turn it on. Leave for 9 minutes then turn on without taking from under arm. Wait for the beep and then record temperature. If you have a non-digital thermometer, shake down and put under arm for 10 mins. and then record temp.
2. Indicate first day of menstrual cycle with a circle and the last day with an X if applicable.
3. Normal range is indicated by shaded area.

F	C	1	2	3	4	5	6	7	8	9	0	1	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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Name: _____ Start Date: _____