

## Thyroid Temperature Monitoring Chart

Take temperature under tongue using either a digital or mercury-free metal thermometer. The non-digital ones tend to be a little more accurate but are harder to find. For daily average, exclude the first morning temperature. Take temperature upon awakening and again 3 hours later for a total of 4 times throughout the day, as close as possible to 3 hours apart.

<b>Name:</b>			
<b>Day 1</b>	<b>Time to Assess</b>	<b>Actual Time</b>	<b>Temperature</b>
	Awakening		
	Time 1 (3 hours later)		
	Time 2 (3 hours later)		
	Time 3 (3 hours later)		
<b>Average Daily Temperature (Times 1-3, excluding temperature upon awakening)</b>			
<b>Day 2</b>	<b>Time to Assess</b>	<b>Time</b>	<b>Temperature</b>
	Awakening		
	Time 1 (3 hours later)		
	Time 2 (3 hours later)		
	Time 3 (3 hours later)		
<b>Average Daily Temperature (Times 1-3, excluding temperature upon awakening)</b>			
<b>Day 3</b>	<b>Time to Assess</b>	<b>Time</b>	<b>Temperature</b>
	Awakening		
	Time 1 (3 hours later)		
	Time 2 (3 hours later)		
	Time 3 (3 hours later)		
<b>Average Daily Temperature (Times 1-3, excluding temperature upon awakening)</b>			
<b>Average Temperature Days 1-3</b>			