

Thyroid Temperature Monitoring Chart

Take temperature under tongue using either a digital or mercry-free metal thermometer. The non-digital 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.

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