



Date : \_\_\_\_\_

Body Temperature Chart (ideal range 97.8° to - 98.2° Fahrenheit)

	Date	Waking Temp (time : temp)	3-4hrs later (time : temp)	3-4hrs later (time : temp)	3-4hrs later (time : temp)	3-4hrs later (time : temp)	Bedtime ?
Day 1							
	notes/feelings /mood/energy->						
Day 2							
	notes/feelings /mood/energy->						
Day 3							
	notes/feelings /mood/energy->						
Day 4							
	notes/feelings /mood/energy->						
Day 5							
	notes/feelings /mood/energy->						
Day 6							
	notes/feelings /mood/energy->						
Day 7							
	notes/feelings /mood/energy->						

## Basal Body Temperature Protocol Self-Assessment/Discovery Tool

**Basal body temperature (BBT)** is the lowest body temperature attained during rest (usually during sleep). BBT is often used as a guide as a method to determine the ovulation cycle for women who desire to conceive or as a birth control method.

The purpose of this self-assessment test is to obtain information about your thyroid function. There is a definite correlation between a lowered resting body temperature and thyroid function. This simple test, done at home, indicates if you might have a thyroid problem. Although this test is very accurate for determining thyroid function, it is only one piece of the puzzle. Remember, hypothyroidism is best diagnosed through a combination of past and present symptoms, family history, basal body temperature and possible a 24-hour urine test.

### **Instructions:**

Basal temperatures are taken first thing in the morning, when your body is completely at rest. At night, before you go to bed, shake the thermometer down and leave it on your night table. In the morning, *before getting out of bed and with as little movement as possible*, place the thermometer under your arm and leave it there for 10 minutes. Do not drink alcohol the night before you take your basal temperature.

**Keep in mind** that if you are on your period, you should only take your temperature on days 2, 3 and 4 of your cycle for accuracy. If you are post-menopausal or have had a hysterectomy, you may take your temperature any time during the month. It is best to use an oral, rectal or basal glass thermometer.

### **Instructions for Using a Digital Thermometer:**

1. Leave the thermometer turned OFF and place in your armpit according to the instructions listed above.
2. At the 10 minute mark – turn the thermometer ON (without removing from your armpit).
3. When the thermometer beeps remove from armpit and record the reading.

### **Temperature Recordings:**

You should always record your temperature 3 days in a row. Normal axillary temperature is 97.8° to 98.2° Fahrenheit. A reading of 97.8 or below warrants further investigation for thyroid deficiency.

Reference: Broda O. Barnes, M.D. Research Foundation