

DATE	Waking Time	Waking Temp	Temp 1 3 hours after waking	Temp 2 6 hours after waking	Temp 3 9 hours after waking	Daily Ave (exclude waking temp in ave)	Daily comments e.g energy levels, medication added,
M							
T							
W							
T							
F							
S							
S							
M							
T							
W							
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F							
S							
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How to measure temperatures - full details here - see www.drrind.com/tempgraph

Temperatures are measured orally. Make sure the thermometer is placed deep under the tongue. Take three temperatures approximately three hours apart, starting approximately three hours after waking up. For example, if one wakes up at 6 AM, measure temperatures around 9AM, 12 Noon, and 3 PM. Try to avoid taking temperatures after activity or eating and drinking for at least 20 minutes. Even climbing a flight of stairs can raise one's temperature for a short period of time. Taking one's temperature several times in a row will yield temperatures that rise each time. This is usually due to the muscular activity of the tongue and mouth. So, take only one reading. I have found digital oral thermometers most appropriate for monitoring metabolism. There are many good models available. I have found the Lumiscope Digital Thermometer to be one of the most accurate for the price and use these with my patients. I do not recommend mercury thermometers because: they expose you and the environment to toxic mercury when they break; they are too slow; and, the accuracy depends on leaving them in your mouth the same length of time each time you measure. I do not recommend axillary temperatures because the axillae are relatively cooler and more variable in people with stressed adrenals. Ear thermometers are the least accurate of all. How to plot the temperatures Plot only the daily average on a graph. Write clearly, use black ink if possible (it copies and faxes better).

Instead of using a dot or 'x' in graph cell, use a number that reflects the number of temperatures you took that day. Thus, if you took three temperatures, write a 3 in the cell that reflects the average of those three temperatures. Or if you only took one temperature, write a 1 in the cell that reflects that one temperature. Indicate on the chart, where appropriate, any meaningful events. For example, starting a new medication or supplement, changing a dose, illness, stress, "had a great day", "felt tired...depressed today", menses, "worked all night", "slept more than usual" etc. These are very important when interpreting the graph. In cases where there is a change in temperature pattern, it is helpful to consider any possible events or changes in hindsight that may provide value in the interpretation.