Measure temperature on waking.
Under armpit for 10 minutes

Basal Temperature Chart
Morning only

_____Name

	Day	sample	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
	Date	25/4																			
	Celcius																				
	37.30																				
	37.25																				
	37.20																				
	37.15																				
	37.10																				
	37.05																				
	37.00																				
	36.95																				
	36.90																				
	36.85																				
	36.80																				
Normal Range	36.75																				
	36.70																				
	36.65																				
	36.60																				
	36.55																				
	36.50																				
	36.45																				
	36.40																				
	36.35																				
	36.30																				
	36.25																				
	36.20	✖																			
	36.15																				
	36.10																				
	36.05																				
	36.00																				
	35.95																				
	35.90																				
	35.85																				
	35.80																				
	35.75																				
	35.70																				
	35.65																				
	35.60																				
	35.55																				
	35.50																				

Dosage	**W/T**																			
	T4																			
	T3																			
Comments																				