

Baritz Wellness Center

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Thyroid Temperature Test

10/19/10

1. Before sleep, place a digital basal thermometer within easy reach.
2. When you wake up do not get up or expend any energy before recording your temperature
3. Place the basal thermometer in your armpit next to skin till the thermometer beeps.
4. Record your basal temperature for 5 consecutive days (normal 97.8 – 98.2)
5. For women who are menstruating, start on the second day of menstruation.

Name: _____

Day	Date	Time	Temperature
1			
2			
3			
4			
5			
Total =			
Total / 5 =			

Day	Date	Time	Temperature
1			
2			
3			
4			
5			
Total =			
Total / 5 =			

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Total =			
Total / 5 =			

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Total / 5 =			

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Total =			
Total / 5 =			

A Professional Corporation

Statements have not been evaluated by the FDA. Baritz Wellness Center products & services are not intended to diagnose, treat, cure or prevent any disease. Products & services are intended to support the normal physiological & biochemical process of the human body.