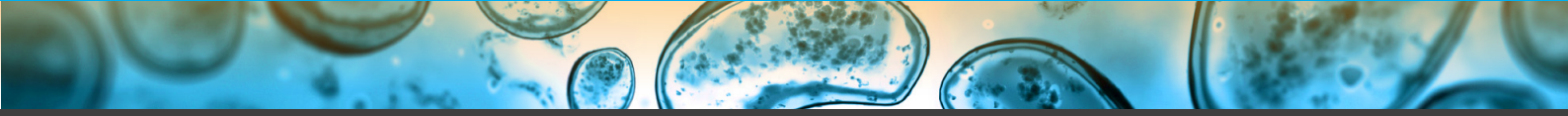


Practise Enrichment Clinic Tool...

Body Temperature Charting Instructions



1. Use a digital thermometer; they are the easiest and most accurate ones to use.
2. Record ORAL the temperature for a whole month, or as directed by a healthcare practitioner.
3. Do this before getting out of bed in the morning (the normal temperature on rising should be between 36.5°C to 36.9°C).
4. In addition you may be directed to record temperatures 2 or 3 times at regular intervals throughout the day (not after exercise). Check with your practitioner.
5. Plot the temperature's taken on the chart. You can also add additional information such as energy levels, mood, changes in medications, menstrual cycle days and any significant events. This may be helpful for your practitioner to understand your temperature pattern.
6. If the temperature is 36.4°C or less for 3 to 5 consecutive days or more, it may indicate low thyroid function. For women who menstruate, these 3-5 days are most accurately measured during the first days in the menstrual cycle (days 1-10), however charting for the entire month will give your practitioner valuable information on temperature patterns.
7. If less than 36.1°C, thyroid function is fairly compromised.
8. Conversely, high body temperatures above 37.0°C may indicate an over functioning thyroid (if not caused by illness or fever).
9. If you miss a reading or a day, that is ok, but try to be consistent.



