**Name Date**

**Basal Temperature Chart**

If you’re happy doing this straight into this document on a phone or computer, this will save you time. Otherwise, print this up and keep it by your bed and fill in first thing in the morning - do it before you've moved around - it's to get a clear picture of your basal temperature, blood pressure (BP) and pulse, which will help me monitor your thyroid function. If you don't already have a BP monitor and a thermometer, please get these (Boots and other chemists sell them). What I suggest you do is have your BP monitor, a watch or phone with a stopwatch function on it, a thermometer, a pen and your vital signs sheet by your bed.

First thing in the morning, put your BP cuff on to take your BP, stick your thermometer in your mouth (for three minutes if it’s digital) or under your arm, in your armpit for 10 minutes if it's glass.

Find your pulse (either radial on your wrist or carotid in your neck - whichever you find easier) and time your pulse for 15 seconds with your stopwatch. Then multiply this number by four to find your beats per minute reading (bpm).

If you are a menstruating woman, Day 1 represents the first day of your period, so please wait until the first day of your period to start there. For anyone else, just start on day one.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day** | **Eg.** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** |
| **Date** | 1/1/20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Temp** | 36.8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **BP** | 120/95 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pulse bpm** | 60 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **Day** | **20** | **21** | **22** | **23** | **24** | **25** | **26** | **27** | **28** | **29** | **30** | **31** |  |  |  |  |  |  |  |  |
| **Date** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Temp** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **BP** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Pulse bpm** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |