



Temperature Taking Instructions

Temperatures need to be taken three hours after you wake, three hours after that, and then three hours after that. Please gather about ten days of temperatures. These do not have to be ten days in a row. Avoid your menstrual cycle, as there are some atypical elevations then, and also at ovulation. If feeling unwell, and you think you may have "a temperature", make a note on the graph.

Place shake-down thermometer under your tongue for 4 minutes, right in the center of your mouth, by the frenulum. After 4 minutes, remove and record temperature.

(After you start the T3 Therapy, your temperature will be taken 3, 6 and 9 hours after your T3 dose, instead of after waking up.)

After recording the three temperatures for the day, add the three together and divide by three. This will give you your average. Circle your average on the graph.