

# Clinic of Natural Medicine

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Naturopathic Physician

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## Axillary Temperature Measurements

*A do-it-yourself, at home, thyroid function test.*

1. Shake down thermometer the night before.
2. Do NOT get out of bed in the morning until AFTER your temperature is measured. (Please no heated water bed or heated blanket, etc.)
3. Measure daily for a total of 10 days. (It is okay to skip a day or two if you forget, but measure for at least 7 days.)
4. Place the thermometer under your arm.
5. Do not move yourself for 10 minutes, then . . .
6. Repeat steps 1 through 6 each morning.

	DATE	TEMPERATURE
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Please bring completed chart to your next appointment.

Name: \_\_\_\_\_ Date: \_\_\_\_\_