Diagnostic Temperature Log

Temperature is normally lower at the beginning and end of the day. We are looking for temperatures that average below 98.6, and / or temperatures that vary greatly from one another. Take your temperature three times per day, 3 hours apart, starting 3 hours after waking up.

Take your temperature with the same thermometer each day. It is important to use a thermometer that is accurate, test your thermometer against another to see if they measure the same temp at the same time. If you are using a digital thermometer make sure the batteries are not low, and replace batteries every 2 weeks. Also, if digital thermometers are dropped from a height of 4 feet or more, they usually lose their calibration.

Take temperature when you have been sitting quietly for a little while. Exercising, rushing around, eating or drinking hot foods / drinks will artificially elevate your temperature. Eating or drinking cold food / drinks will cause your temperature to be artificially low. Wait 15 min between eating / drinking hot or cold foods / drinks before taking temperature.

Women: do not record temperatures during the 3 days before your menstrual period as they will be elevated.

Date									
Morning temp									
Mid day temp									
Evening temp									
Daily Average									
Pulse per minute									