



Basal Body Temperature

Body temperature reflects metabolic rate, which is largely determined by thyroid hormone activity. Basal body temperature (BBT) can therefore be a part of functional thyroid assessment

Procedure:

- If not using a digital thermometer, shake down a thermometer at night before you go to bed.
- In the morning before you get out of bed, place the thermometer (CHECK ONE):
 - In your mouth, or
 - In your armpit

Note

- If not using a digital thermometer, hold thermometer in place for ten minutes.
- Once you have decided on a location, always use that same location for consecutive measurements
- It is important that you remain in bed and as quiet and relaxed as possible for this period of time.
- Record the temperature on the chart below.
- Women should also record where they are in their menstrual cycle.

	Date	Temperature	Cycle Day (Women)
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			