

Temperature

Note: you must measure the temperature close as possible to your thyroid, so you have to do it under you're tongue

1. Variant: Basal temperature

This is the temperature immediately after waking up. It is measured in bed, before brushing your teeth.

2. Variant Temperature during the day

For this you measure the temperature three times a day. The first time three hours after waking up and then two more times at intervals of three hours (see the example in the book again).

Now measure your temperature for the next 4 days and note your values here.

If variant 1 is best for you, then it is sufficient to fill in the first two columns (it is only important with variant 1 that you measure directly after waking up):

Date	Time + Measurement 1	Time + Measurement 2	Time + Measurement 3	Average temperature

Make a note of this: Are you under temperature (below 36.5 °C)? Or are you over-temperature (above 37 °C)?
Is your temperature relatively constant or are there strong fluctuations?

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