White Pines
NATUROPATHIC CLINIC

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Body Temperature Chart

Please take your temperature orally. Please do not eat or drink anything for at least 15 minutes before measuring. Liquid thermometers are preferred over digital as they are more accurate. Please be sure to shake the thermometer so that the liquid goes down before using each time. Hold the thermometer under your tongue with your lips together, for 6-7 minutes. Please begin recording 3 hours after waking, and every 3 hours for a total of 3 times per day. Chart the time and temperature each time. If you are experiencing a menstrual cycle, your temp can vary so please take it at several intervals during your cycle. If not cycling and for men, please just take it for 3 days in a row if possible. Normal Body Temperature is 37.1 C / 98.6 F. A lower or higher than normal body temperature is indicative of certain conditions and helps us to help you better by tracking this very important—***Vital Sign.***

Date	Wake time	3 Hours Later	3 Hours Later	3 Hours Later
		time: temp:	time: temp:	time: temp:
		time: temp:	time: temp:	time: temp:
		time: temp:	time: temp:	time: temp:
		time: temp:	time: temp:	time: temp:
		time: temp:	time: temp:	time: temp:
		time: temp:	time: temp:	time: temp:
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		time: temp:	time: temp:	time: temp:
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		time: temp:	time: temp:	time: temp:
		time: temp:	time: temp:	time: temp: