Measure temperature on waking.
Under armpit for 10 minutes

Basal Temperature Chart
Morning only

_____Name

Day	sample	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
Date	25/4																			
Celcius																				
37.30																				
37.25																				
37.20																				
37.15																				
37.10																				
37.05																				
37.00																				
36.95																				
36.90																				
36.85																				
36.80																				
36.75																				
36.70																				
36.65																				
36.60																				
36.55																				
36.50																				
36.45																				
36.40																				
36.35																				
36.30																				
36.25																				
36.20	✖																			
36.15																				
36.10																				
36.05																				
36.00																				
35.95																				
35.90																				
35.85																				
35.80																				
35.75																				
35.70																				
35.65																				
35.60																				
35.55																				
35.50																				

Normal Range

Dosage	**W/T**																			
	T4																			
	T3																			
Comments																				