

Weekly Temperature and Pulse Recording for Thyroid Metabolic Assessment

The following chart is for tracking your daily body temperature and pulse rates to measure the effectiveness of your thyroid hormone functions. Low basal body temperature could indicate problems with your metabolism often seen in hypothyroidism. The information collected during this exercise was one of the standard tools used by clinicians to diagnose potential thyroid disease or dysfunction. Today it is still used as an early indicator and is one of many tools to assess thyroid conditions.

Instructions:

Supplies: You will need a [digital oral thermometer](#) and [pulse oximeter](#) device to record your temperatures and pulse rates. Use the same thermometer and pulse oximeter during the entire exercise for consistency.

Frequency: Records four times per day- at rising, two to three hours after rising in the morning, mid-afternoon and mid-evening.

Daily Average: add your three regular temperatures from morning, afternoon and evening (excluding the rising temperature) and divide by three to get your average daily temperature. (e.g. $97.5 + 98.1 + 98.4 = 294 / 3 = 98.0$ is your average daily temperature)

Special Notes:

- The rising temperature should be taken BEFORE you exit your bed and directly after you wake so keep your thermometer and pulse ox near you. This will have special meaning to your doctor to measure how well your body regulates nighttime and waking temperature and energy production. It may also indicate if there are issues with the downstream adrenal glands.
- Complete this exercise for at least 4-6 weeks and present it to your clinician to include in your evaluation packet or portfolio.
- Your body temperature may run very low, in the 95.x range. Temperatures below 94.9 should be immediately evaluated by a clinician.
- It should be noted Lipedema patients may run lower body temperatures due to the poor lymphatic and blood circulation in the lower extremities. While normal, it should be discussed with your clinician to rule out any underlying venous problems, lymphatic blockages or abnormal fat pressing on circulating fluids.



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	Rising		Morning		Afternoon		Evening		Daily Average
	Temp	Pulse	Temp	Pulse	Temp	Pulse	Temp	Pulse	
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									

