

TEMPERATURE VARIANCE TRACKER

Month/Year: _____

Subject/Location: _____

High Temp

Low Temp

Baseline

Temperature (F/C)

Day of Month

104

102

100

98

96

94

1

7

14

21

28

31

DAY	TIME (AM)	TEMP	TIME (PM)	TEMP	VARIANCE	SYMPTOMS/NOTES
1						
2						
3						
4						
5						
6						
7						

Notes: Record temperatures at consistent intervals. Use the graph above to plot morning (blue) and evening (red) points to visualize fluctuations.