

THYROID & BASAL BODY TEMPERATURE LOG

Patient Name: _____

Month/Year: _____

Medication/Dosage: _____

Waking Time: _____

DATE / DAY	BBT (F/C)	TSH LEVEL	FREE T4/T3	SYMPTOMS / NOTES
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[Visual Temperature Trend Graph Area]

* Note: Basal Body Temperature should be taken immediately upon waking before rising from bed.