Axillary Temperature Chart for Assessing Thyroid Function (BMR) after Dr Broda Barnes MD

| ٥C | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-------|---|---|---|---|---|---|---|---|---|----|----|--------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 38.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 37.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36.80 | | Average 'normal' range 36.50C to 36.80C | | | | | | | | | | 1 | | | | | | | | | | | | | | | | |
| 36.60 | | | | | | | | | | | |] [| | | | | | | | | | | | | | | | |
| 36.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 36.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 35.00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34.80 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34.60 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34.40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 34.20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Days | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |

Take your axillary (armpit) temperature every morning before getting out of bed (or doing ANYTHING that could alter your temperature) for 28 days (10 days for men). Record the temperature on this chart every day. This will give you an accurate indication of how your thyroid is functioning over an appropriate period. Your thyroid is your body's thermostat and controls the rate at which you burn your food and other substances.

NAME:

DATE CHART COMMENCED: