

Date	On waking		20 mins after breakfast		Early afternoon (3 pm)	
	Temp	Pulse	Temp	Pulse	Temp	Pulse

• An old fashioned thermometer is best.

• Take your pulse for 15 seconds and then multiply by 4 = 1 minute

• Ladies, when you have your period, please use a different coloured pen, this will help establish how your hormones are affecting your temperature