

# Basal Metabolic Temperature Chart



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Purpose:

The purpose of this test is to measure your temperature at the lowest point in the day. It is an indirect test for thyroid function. The thyroid hormone functions in the cell by stimulating the energy-producing mitochondria. Heat is created as a by-product of energy production. By measuring the temperature of the body at its lowest point in the day, it is possible to indirectly determine the thyroid function. If there is not enough thyroid hormone produced, then there will be insufficient energy production and, hence, a lower basal temperature. Often, a functional hypothyroid condition can be picked up with this method before it is discernible with blood tests.

## Instructions:

- Purchase a basal thermometer from a drug store. This type of thermometer is able to detect the slightest temperature shift. If you cannot obtain this type, then a good digital thermometer will do.
- Shake the thermometer (if mercury) down as low as possible before going to bed at night. Keep the thermometer, basal or otherwise, beside your bed at night.
- When you wake up in the morning, take your first oral temperature reading. Do this before doing any other activity, including getting out of bed. Mark the reading on the chart, which has been provided to you as (1) = upon waking.
- Do not roll around in bed, sit up, go to the bathroom, drink water or complete any other activity before taking the temperature as you will increase the reading. If you inadvertently got up before taking your temperature, do not mark it on the chart of that day and wait until the next morning to resume charting.
- Take a mid-morning and mi-afternoon oral temperature reading. Mark these as (2) and (3) respectively, under the same column for that day so that we can observe any changes. Try to keep close to the same times when taking readings each day.
- Bring the chart in with you when you visit your practitioner.
- If you habitually get up in the night to use the bathroom, care for a child, or any other reason, do the test after the longest period of undisturbed sleep.

(1) = upon waking

(2) = mid-morning

(3) = mid-afternoon

