Week of	Symptom Diary

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
General							
Blood Pressure							
Pulse							
Weight (weekly)							
Body Temperature							
Basal (Waking) Temp							
Temp 1 - 10 a.m.							
Temp 2 - 1 p.m.							
Temp 3 - 4 p.m.							
Daily Average							
(record on Temp Graph*)							
Stressors/Symptoms:							
Notes:							
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^{*}For more info, visit: http://www.drrind.com/tempgraph.asp