|  | 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*) |  |  |  |  |  |  |  |
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| Stressors/Symptoms: |  |  |  |  |  |  |  |
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| Notes: |  |  |  |  |  |  |  |
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*For more info, visit: http://www.drrind.com/tempgraph.asp

