## Body Monitoring Chart

Name $\qquad$

Date $\qquad$ to $\qquad$

Temperature by Time:

| (note time) | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Basal <br> (waking) |  |  |  |  |  |  |  |
| 3 hrs. later |  |  |  |  |  |  |  |
| 6 hrs. later |  |  |  |  |  |  |  |
| 9 hrs. later |  |  |  |  |  |  |  |
| Daily <br> Average |  |  |  |  |  |  |  |

Temperature by Symptoms Experienced:

| Date: | Time: | Temp: | Symptom: |
| :--- | :--- | :--- | :--- |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

Blood Pressure:

|  | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat. |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Before rising <br> in a.m. |  |  |  |  |  |  |  |
| Immediately <br> after standing |  |  |  |  |  |  |  |
| 4 p.m. |  |  |  |  |  |  |  |
| Bedtime |  |  |  |  |  |  |  |
| After <br> symptoms: |  |  |  |  |  |  |  |

Weight this week: $\qquad$
Stressors experienced that affected symptoms and/or body temperature:

Other Notes:

