

Name \_\_\_\_\_ Date \_\_\_\_\_

### Basal Metabolic Temperature

- ✓ Take the body temperature first thing in the morning by placing the thermometer under the arm pit.
- ✓ **Do not** get out of bed or move much.
- ✓ Keep the thermometer under the arm for at least 7-10 minutes before reading.
- ✓ Take body temperature for 5 consecutive days

Day	1	2	3	4	5
Body Temp.					