

## Measure your thyroid function

Name:

E-mail:

| <b>Day 1</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
|----------------------|--------------------|--------------|-----------------|
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 2</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 3</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 4</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 5</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 6</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 7</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |

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| <b>Day 8</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
|----------------------|--------------------|--------------|-----------------|
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 9</b>         | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 10</b>        | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 11</b>        | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 12</b>        | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 13</b>        | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |
| <b>Day 14</b>        | <b>Temperature</b> | <b>Pulse</b> | <b>Symptoms</b> |
| Before breakfast     |                    |              |                 |
| After breakfast      |                    |              |                 |
| Afternoon or evening |                    |              |                 |