

# TEMP/PULSE

NEXT INGREDIENT

DATE	WAKING TEMP/PULSE	AFTER LUNCH TEMP PULSE

## INSTRUCTIONS:

Please take your waking pulse and temperature before stirring or standing in the morning.

Please take your afternoon pulse and temperature after lunch, between 1-3 PM.

Write each reading down in the appropriate row and column, and record the date as well. Try to record five days worth of information, at least. It doesn't have to be done on five consecutive days.

Use a digital thermometer that offers two place values after the decimal.