

CONFIDENTIAL CLIENT INFORMATION

Barnes Thyroid Test

Patient's Name: _____

Today's Date: _____

Re-evaluation Date: _____

Preparation

You will be recording your body temperature upon waking in the morning.

Close to your bed, you will need:

1. A basal (mercury) thermometer
2. A clock to time the test

Protocol

In the night, before going to sleep:

1. Shake down the thermometer; place it within hands reach.
2. Position the clock so that you can read it while lying down in bed.

In the morning, upon waking:

1. Don't get up or expend any energy before you record your temperature.
2. Place the thermometer in an armpit next to skin for exactly 10 minutes.
3. Record the temperature reading of the thermometer below.

Daily Temperature Log

DAY	DATE	FINISH TIME	TEMPERATURE
1			
2			
3			
4			
5			
6			
7			