

# Why use a temperature chart

Please check one below

- ☐ If you have infrequent or absence of periods **OR**
- ☐ If you are experiencing any menopausal symptoms (hot flashes, migraines, night sweats, emotional fragility, etc.) and your periods are spaced four months apart or longer **OR**
- ☐ If you have had a hysterectomy (ovaries intact) and you are 55 years of age or younger.

The temperature chart can be completed to determine the date to begin collecting for the FHP. The use of a single hormone sample does not represent a complete cycle due to the fluctuating levels of hormones in these women.

# INSTRUCTIONS

Measure your **ORAL** basal body temperature daily for three consecutive months. Take temperature at the same time each morning upon waking, before drinking or brushing teeth. If a temperature reading was taken more than one hour before or after the typical time, mark it with a star and write the time it was taken next to it.

Complete charts as shown in the example below and email [clientservices@diagnostechs.com](mailto:clientservices@diagnostechs.com) your completed copy.

Your Name: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Doctor's Fax: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Doctor's Account #: \_\_\_\_\_

