NAME: _____ MONTH: _____ YEAR: _____

Symptom Calendar:

1. Basal body temperature – Take temperature 3 times per day – early a.m. before eating/drinking, etc.; late afternoon (especially when experiencing energy sag or skin flushing); and again at bedtime.
2. Symptom scale 1-5 (1 = Horrible !!; 5 = Wonderful) – One number for AM and PM.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY