

# WESTON'S WELLNESS CENTER

## BARNES THYROID TEST

The purpose of this test is to record your temperature on waking. You will need a basal thermometer and a clock close to your bed to time the test.

Patient Name \_\_\_\_\_

Date of Day 1 \_\_\_\_\_

Barnes Thyroid Test	Time	Temperature
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		

### Recording Underarm Temperature in the A.M. for 5 Days

1. Shake down the thermometer and position clock the night before.
2. Don't get up or expend any energy before recording your temperature.
3. Place thermometer in armpit next to skin for exactly 10 minutes.
4. Record your temperature.



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