**THYROID SYSTEM DYSFUNCTION (TSD)**

**TREATMENT/TEMPERATURE LOG**

**NAME:**

1. On each day of treatment, record your basal temperature upon awakening and at 11 am, 2 pm and 5 pm.
2. Average the 11 am, 2 pm and 5 pm temperatures. Record in box.
3. You must take your medicines to the minute (every 12 hours).
4. Using the code numbers below, record any side effects you may be experiencing.

### Side Effects Code:

- **0**: No Side Effects
- **1**: Fluid Retention/Puffiness
- **2**: Flu-like Feelings/Achiness
- **3**: Dull Headache
- **4**: Edginess/Irritability
- **5**: Increased Awareness of Heartbeat

### Treatment Log

<table>
<thead>
<tr>
<th>Date</th>
<th>Cycle Day</th>
<th>Dose</th>
<th>Temp. upon Awakening</th>
<th>11:00 am</th>
<th>2:00 pm</th>
<th>5:00 pm</th>
<th>Average Temp.</th>
<th>Side Effects</th>
<th>Pt. to Call On</th>
<th>Dosage Rece.</th>
<th>Pt. Informed</th>
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5. Begin a new log with the beginning of each new menstrual cycle and place an 'P' in the 'Cycle Day' box on your Peak Day.