Preventive Medical Clinics of the Desert
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Body Temperature Record

Elevated body temperature can occur for many reasons. It can be related to an acute illness, a chronic illness or even acute dehydration.

1. If you do not already have a thermometer purchase one.
2. Take your body temperature several times a day, especially when it is up and you feel feverish. You can however also take it randomly or when you are feeling good in order to be sure that it is not elevated and also to determine your baseline body temperature.
3. Do this for as long as you need to and then bring the record in and let us review it. You can make your own form or use the one below.
4. Mark R for rectal temperature, A for axillary or arm pit and E for electronic ear monitoring.

Date	Time	Temp	R/A/E	Pulse	Comments/Circumstances

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Notes: