

My Body Temperature Rhythm

Refer to the instructions in the e-book appendix section: *Measuring Your Body Temperature Rhythm*

Time of Day	Temperature	How do I feel At the Time? Drowsy / Normal / Energized
6 A.M.		
7 A.M.		
8 A.M.		
9 A.M.		
10 A.M.		
11 A.M.		
12 P.M.		
1 P.M.		
2 P.M.		
3 P.M.		
4 P.M.		
5 P.M.		
6 P.M.		
7 P.M.		
8 P.M.		
9 P.M.		
10 P.M.		
11 P.M.		
12 A.M.		
1 A.M.		
2 A.M.		
3 A.M.		
4 A.M.		
5 A.M.		