

CORE HEALTH

NATUROPATHIC WELLNESS CENTER

Brandy Strelec, B.Sc.(Hons),N.D.
Board Certified Naturopathic Doctor | Bowen Practitioner

Name: _____

Date

Started: _____

Temp	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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Remember: Measure your temperature first thing in the morning, before rising from bed.

For Menstruating Women: Please circle the first day of your menses and mark with an X the last day of your menses.

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