



Using a highlighter, the graph becomes a fountain of information that is easier to analyze

Highlighting Key

- Daily Temps
- General Pattern
- Rx/Supplement Change
- Stressors
- Menses

*Start Adrenal Supplement*

*Better Energy and Sleep*

*Party, Late Night*

*Migranes down from ibuprofen I light headache 8 days ago*

*In-laws Visiting*

*Add Pregnenolone*

*Ate Wheat (allergic)*

*Began Avoidance of wheat, dairy, beans (allergens)*

*Able to Start Exercise Program*