



Three Things Your Thermometer Can Tell You About Your Health and Fertility Symptom Tracker

Weight	<input type="checkbox"/> Can't lose weight	<input type="checkbox"/> Thin - can't gain weight
Exercise	<input type="checkbox"/> Feels good, more energy	<input type="checkbox"/> Feels weak/wiped out (but muscles are strong), body temp drops after exercise
Cravings	<input type="checkbox"/> Stimulants, coffee, chocolate after lunch or all day! Fats!	<input type="checkbox"/> Sweets, carbohydrates, salt, black licorice
Heat	<input type="checkbox"/> Wants heat, loves hot weather; feels good	<input type="checkbox"/> Hates heat - likes 20-22°C, no saunas/hot tubs, no energy on hot days, opens window, wants to be cool; even chilly
Sleep Pattern	<input type="checkbox"/> Tend to oversleep, occasional narcolepsy, tired in afternoon	<input type="checkbox"/> Insomnia tendency, sleep not refreshing, wake up tired
Digestion	<input type="checkbox"/> Poor, but they think its ok to good. Constipation, eat everything	<input type="checkbox"/> Difficulty with meat, tend to be vegetarian or avoid certain foods
Sweating	<input type="checkbox"/> Not much	<input type="checkbox"/> Excessive early, poor in later stages
Mental/Emotional	<input type="checkbox"/> Mild compared to → Poor concentration and memory	<input type="checkbox"/> Anxiety, panic, worry, fear, insecurity, impending doom, tend to be more serious, poor concentration and memory
Pupil Response	<input type="checkbox"/> Under 5 seconds constricted	<input type="checkbox"/> Under 3 seconds, won't stay constricted
Eye Tissue	<input type="checkbox"/> Puffy, bags under eyes	<input type="checkbox"/> Sunken appearance
Eyebrows	<input type="checkbox"/> Missing outer 1/3	<input type="checkbox"/> Full eyebrows
Reflexes	<input type="checkbox"/> Slow	<input type="checkbox"/> Brisk
Blood Pressure	<input type="checkbox"/> Normal to high	<input type="checkbox"/> Tends to run low, drops when standing from lying, palpitations
Hair	<input type="checkbox"/> Coarse	<input type="checkbox"/> Wispy, dry
Nails	<input type="checkbox"/> Break easily	<input type="checkbox"/> Thin, brittle
Skin	<input type="checkbox"/> Poor healing, bruising	<input type="checkbox"/> Dry, thin