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How to Test your Basal Metabolic Rate using The Barnes Axillary Temperature Test

1. Before retiring to bed, shake down the oral thermometer (if conventional mercury thermometer) and place it within easy reach of the bed.
2. Immediately upon waking, place it under the armpit for 10 minutes. It is important that you remain still and quiet in order to get an accurate reading
3. After 10 minutes, the temperature should be read and noted.
4. Repeat the temperature test at lunchtime
5. Try to do these checks at the same time each day.
6. Test for at least 3 consecutive days.
7. Women should start the test ideally on the first day of their period or at least note the point in their menstrual cycle that the test was done, due to cyclical temperature changes.

Note, conventional thermometers are no longer available to buy, due to their mercury content. You can use a digital thermometer, as long as it is one of the probe types which you can put under your arm. These are available in most chemists. If you have difficulty obtaining one locally, you can order from www.thermometerplus.co.uk

Name: _____

Date: _____

Barnes Axillary Temperature Test



