

## Body Temperature and Activities Record

Name：

ID No.：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_

Student No.：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Department：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

End date of autonomous health management：Month Day\_ Year \_\_\_\_\_\_

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Day | Date | AM | PM | Health Condition | Activities |
| 1 |  | °C | °C |  |  |
| 2 |  | °C | °C |  |  |
| 3 |  | °C | °C |  |  |
| 4 |  | °C | °C |  |  |
| 5 |  | °C | °C |  |  |
| 6 |  | °C | °C |  |  |
| 7 |  | °C | °C |  |  |
| 8 |  | °C | °C |  |  |
| 9 |  | °C | °C |  |  |
| 10 |  | °C | °C |  |  |
| 11 |  | °C | °C |  |  |
| 12 |  | °C | °C |  |  |
| 13 |  | °C | °C |  |  |
| 14 |  | °C | °C |  |  |

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