

# INFRARED THERMOMETER

	TEMPERATURE READINGS								
	Ceiling	Floors	Walls	Window seals 1	Window seals 2	Window seals 3	Outside door seals 1	Outside door seals 2	Other
Living room									
Dining rom									
Kitchen									
Fridge									
Freezer									
Bedroom 1									
Bedroom 2									

Home Health Self-Assessment Kit – Record sheets

Bedroom 3									
Bedroom 4									
Bathroom									
Hot water cylinder									
Hot water at tap Do not submerge									
Other 1 .....									
Other 2 .....									
Other 3 .....									

Cold spot location: