

KNOW YOUR NUMBER AND TRENDS WORKSHEET

Here is a sheet for keeping track of your results which makes it easy to notice and follow trends. Mark the date along the top row for blood tests, and add the value. You might mark any abnormal results in a different colour. Refer to the normal range of values provided by the lab and review them with your health care team to see what values are appropriate for you.

BLOOD TESTS	DATE:	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
Full/Complete Blood Count									
Haemoglobin									
White blood cells									
Platelets									
Inflammation markers									
CRP									
ESR									
HbA1C									
Cholesterols & Triglycerides									
Cholesterol									
HDL cholesterol "good"									
Non-HDL cholesterol									
LDL cholesterol "bad"									
Triglycerides									
Vitamin D									
Liver tests									
ALT									
AST									
ALP									
GGT									
LD									
Kidney Tests									
Creatinine									
eGFR									
sodium									
potassium									
OTHER TESTS									
Blood pressure									
Bone Density/DEXA scan									
Eye exam									
Weight									
Skin Check									
X-rays/Scans									
Immunisations	Consider using one of the available government apps, complete with reminders. Australia: My Health Record Canada: CANImmunize app								