

HASHIMOTO'S HORMONE LOG

Year: _____

Patient Name: _____

Target TSH: _____

DATE	TSH MIU/L	FREE T4 NG/DL	FREE T3 PG/ML	TPO AB IU/ML	MEDICATION DOSAGE (MCG)	SYMPTOMS / NOTES
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Observations (Brain fog, fatigue, weight changes, temperature sensitivity):

This log is for personal tracking. Consult your endocrinologist for clinical interpretation.