

# THYROID HORMONE LEVEL RECORD

Long-term Tracking Template

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Physician: \_\_\_\_\_

| DATE       | TSH<br>MIU/L | FREE<br>T4<br>NG/DL | FREE<br>T3<br>PG/ML | MEDICATION &<br>DOSAGE | SYMPTOMS<br>/ NOTES                                  |
|------------|--------------|---------------------|---------------------|------------------------|--|
| 2023-10-15 | 2.45         | 1.2                 | 3.1                 | Levothyroxine<br>75mcg | <i>Feeling<br/>energetic,<br/>stable<br/>weight.</i> |

| <b>DATE</b> | <b>TSH</b><br>MIU/L | <b>FREE</b><br><b>T4</b><br>NG/DL | <b>FREE</b><br><b>T3</b><br>PG/ML | <b>MEDICATION &amp;</b><br><b>DOSAGE</b> | <b>SYMPTOMS</b><br><b>/ NOTES</b> |
|-------------|---------------------|-----------------------------------|-----------------------------------|--|-----------------------------------|
|-------------|---------------------|-----------------------------------|-----------------------------------|--|-----------------------------------|

This record is for personal tracking. Always consult with a healthcare professional regarding lab results and medication adjustments.