

THYROID MONITORING

Clinical Hormone Tracking Log

Confidential Health Record

Name:

D.O.B:

Physician:

DATE	TSH (MIU/L)	FREE T4 (NG/DL)	FREE T3 (PG/ML)	ANTIBODIES (TPO/TGAB)	MEDICATION DOSAGE	SYMPTOMS / NOTES
------	----------------	-----------------------	-----------------------	--------------------------	----------------------	---------------------

LONG-TERM TRENDS & OBSERVATIONS

Reference Ranges: TSH (0.4-4.0), FT4 (0.8-1.8), FT3 (2.3-4.2) Generated for personal health tracking