

# THYROID HEALTH MANAGEMENT CHART

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

Date of Birth: \_\_\_\_\_

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

Current Dosage: \_\_\_\_\_

<b>DATE</b>	<b>TSH</b> <i>(0.4 - 4.0 MIU/L)</i>	<b>FREE T4</b> <i>(0.8 - 1.8 NG/DL)</i>	<b>FREE T3</b> <i>(2.3 - 4.2 PG/ML)</i>	<b>TPO ANTIBODIES</b> <i>(&lt; 35 IU/ML)</i>
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## Symptom Tracking & Clinical Notes

This chart is for personal tracking purposes only. Consult your endocrinologist for medical interpretation.