



**MY LAB CHART**

NAME ..... DATE RANGE .....

metabolic markers

thyroid markers

categories	units	date	date	date	date
<b>METABOLIC MARKERS</b>					
Glucose, serum	mg/dl				
Uric Acid, serum	mg/dL				
BUN	mg/dL				
Creatinine, serum	mg/dL				
eGFR	mL/min/1.73				
eGFR (African American)	mL/min/1.73				
BUN/Creatinine Ratio	—				
Sodium, serum	mmol/L				
Potassium, serum	mmol/L				
Chloride, serum	mmol/L				
Carbon Dioxide, total	mmol/L				
Calcium, serum	mg/dL				
Phosphorus, serum	mg/dL				
Protein, total, serum	G/dl				
Albumin, serum	G/dl				
Globulin, total	G/100 ml				
A/G Ratio	units				
Bilirubin, total	mg/dl				
Alkaline Phosphatase, S	U/L				
LDH	U/L				
AST (SGOT)	U/L				
ALT (SGPT)	U/L				
GGT	U/L				
Iron, serum	µg/dl				
Cholesterol, total	mg/dl				
Triglycerides	mg/dL				
HDL Cholesterol	mg/dl				
LDL Cholesterol Calc	mg/dl				
T. Cholesterol/HDL Ratio	—				
<b>THYROID MARKERS</b>					
TSH	mIU/L				
Thyroxine (T4)	µg/d				
T3 Uptake	md/dl				
Free Thyroxine Index	mg/dl				
Total Triiodothyronine (TT3)	ng/dL				
Free T4	ng/dL				
Free T3	pg/mL				
Reverse T3	pg/ml				
Antithyroglobulin Antibody	a negative test is normal				
Thyroid Peroxidase (TPO) Ab	IU/mL				

continues



**MY LAB CHART** *continued from previous page*

NAME ..... DATE RANGE .....

cbx markers

additional markers

categories	units	date	date	date	date
<b>CBC MARKERS</b>					
WBC					
RBC (Female)	—				
RBC (Male)	—				
Hemoglobin (Female)	gm/dl				
Hemoglobin (Male)	gm/dl				
Hematocrit (Female)	%				
Hematocrit (Male)	%				
MCV	cu microns				
MCH	g/cu microns				
MCHC	g/cu microns				
RDW	%				
Platelets	(K)				
Neutrophils	%				
Lymphs	%				
Monocytes	%				
Eos	%				
Basos	%				
Immature cells					
Neutrophils (Absolute)	x10E3/uL				
Lymphs (Absolute)	x10E3/uL				
Monocytes (Absolute)	x10E3/uL				
Eos (Absolute)	x10E3/uL				
Baso (Absolute)	x10E3/uL				
<b>ADDITIONAL MARKERS</b>					
C-Reactive Protein	mg/L				
Homocysteine	μmol/L				
Hemoglobin A1C	%				
Iron Saturation (calc) - Female	iron serum/TIBC				
Iron Saturation (calc) - Male	iron serum/TIBC				
TIBC	μg/dl				
Transferrin	mg/dl				
Ferritin (pre-menopause)	—				
Ferritin (post-menopause)	—				
Magnesium	mg/dL				
<b>VITAMINS</b>					
Vitamin D, 25-Hydroxy	ng/mL				
Vitamin B12	pg/mL				
Methylmalonic Acid	μmol/L				
Folate	ng/mL				

*If you have more lab results you want to fill in, please print extra sheets and keep going! The more information the better.*

