

Thyroid Health Tracker

Track TSH, Free T4, Free T3, antibodies, and symptoms over time

YOUR THYROID LAB VALUES

Fill in your results at each visit. Compare trends over time.

DATE: _____ ORDERING DOCTOR: _____

TSH: _____ mIU/L (Lab range: _____ to _____)

Free T4: _____ ng/dL (Lab range: _____ to _____)

Free T3: _____ pg/mL (Lab range: _____ to _____)

TPO Antibodies: _____ IU/mL (Lab range: <35)

Thyroglobulin Antibodies: _____ IU/mL

Reverse T3: _____ ng/dL (if tested)

SYMPTOM TRACKER

Rate each symptom 0 (none) to 3 (severe):

Fatigue / low energy: ____ Brain fog / poor concentration: ____

Feeling cold / cold intolerance: ____ Feeling hot / heat intolerance: ____

Weight gain: ____ Weight loss: ____

Hair thinning or loss: ____ Dry skin: ____

Constipation: ____ Diarrhea: ____

Heart racing or palpitations: ____ Slow heart rate: ____

Mood changes / depression: ____ Anxiety / nervousness: ____

Muscle aches or weakness: ____ Puffy face or swelling: ____

Difficulty sleeping: ____ Excessive sweating: ____

MEDICATION & DOSE LOG

Medication: _____

Current dose: _____ Start date: _____

Last dose change: _____ Reason: _____

Take thyroid medication on an empty stomach, 30–60 minutes before eating.

Avoid calcium, iron supplements, and antacids within 4 hours of your dose.

QUESTIONS FOR MY DOCTOR

- My TSH is _____ — is this where you want it for my individual situation?
- My most bothersome symptom right now is: _____
- Should we test Free T3 and/or reverse T3 in addition to TSH and Free T4?
- When should I retest, and what change in TSH would prompt a dose adjustment?
- Are my antibody levels affecting my symptom experience?

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KEY THINGS TO KNOW

- TSH is the most sensitive early indicator — check it first
- Get tested at the same time of day for consistent comparisons
- Tell your doctor about biotin supplements — high doses can skew thyroid tests
- Illness, pregnancy, and some medications can affect thyroid levels
- Optimal TSH may differ from the lab's reference range for your specific situation
- Keep copies of all your results — trends matter more than a single snapshot