

Exam and Lab Tracker				
				Name
DATE (mm/dd/yy):				
Digestion				Note scores or abnormal findings here
HCL Challenge				
Transit Time				
Bristol Scale				
Stool Test				
Blood Test: BUN				
Blood Test: Protein				
Blood Test: Albumin				
Blood Test: Globulin				
Stool Test				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Acne				
Dandruff				
Yellow discoloration below bottom eyelids				
Yellow/brown sclera				
Facial color: yellow				
Tongue irritation/redness				
Ulcerations or canker sores				
Red tongue tip				
A "cottage cheese" growth or coating on tongue				
Scalloped edges and teeth marks on tongue				
Chronic coating and/or "furry" tongue				
Splitting cuticles				
Excessive vertical ridges on nails				
Clubbing (nails grow downward, end of finger noticeably enlarges, nails break in odd ways)				
Bad breath				
Urine-like breath smells				
Red and inflamed lips				
Excessive vertical ridges on nails				
Pitting of nails				
Deep horizontal ridges (Beau's lines) on nails				
Yellowish, bulging, bending, breaking nails				
Hemorrhoids				
TOTAL Digestion				
Blood Sugar				Note scores or abnormal findings here
MPG: Range of your peak blood glucose, about 45 minutes after eating				
Blood Test: Fasting Glucose				
Blood Test: Hemoglobin A1C (HbA1C)				
Blood Test: Fasting Insulin				
Blood Test: Insulin 45 minutes after eating				
Blood Test: HDL				
Blood Test: Triglycerides				
Blood Test: HDL/Triglyceride Ratio				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Acetone-like breath smells				
Excessively shiny or smooth tongue				
Skin tags				
Wounds that take a long time to heal				
Waist/hip ratio: males - if ratio is >1, select score of "3" (otherwise "0")				
Waist/hip ratio: females: if ratio is >.8, select score of "3" (otherwise "0")				
TOTAL Blood Sugar Dysregulation				
Adrenal				Note scores or abnormal findings here
Blood Test: Sodium				
Blood Test: Potassium				
Blood Test: Chloride				
Saliva: Cortisol Sum				
Saliva: Cortisol AM				
Saliva: Cortisol Noon				
Saliva: Cortisol Late Afternoon				
Saliva: Cortisol Bedtime				
Saliva: DHEA				
DUTCH				

Exam and Lab Tracker				
				Name
DATE (mm/dd/yy):				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Rib margin tenderness				
Brown or black discoloration below eyelids				
Dark gray or reddish back of tongue				
Ulcerations or canker sores				
Bad breath				
Rough, red, flaky cuticles				
Blood Pressure: Choose the # that best describes the change in blood pressure from lying down to standing.				Blank = +10, 1 = same, 2 = -10 or less, 3 = -10 or more
Pupil Response: Choose the number that best correlates with the number of seconds your pupil maintains constriction when a bright light is shone in.				Blank = 20 seconds or more, 1 = 10-19 seconds, 2 = 5-9 seconds, 3 = under 5 seconds
TOTAL Adrenal				
Thyroid				Note scores or abnormal findings here
Basil (first thing in AM) Body Temperature (average across 3 days)				
Daytime Body Temperature (average across 3 days, 3 times/day, 3 hours apart, start 3 hours after awakening)				
Blood Test: TSH				
Blood Test: Total T4				
Blood Test: Total T3				
Blood Test: Free T4				
Blood Test: Free T3				
Blood Test: Reverse T3				
Blood Test: TPO Antibodies				
Blood Test: Antithyroglobulin Antibodies				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Scalloped edges and teeth marks on tongue				
Loss of Lateral third of eyebrow				
Cold hands				
"Goose flesh" at the backs of arms or thighs				
Eyes "bug-out"				
Scalloped edges and teeth marks on tongue				
TOTAL Thyroid				
Sex Hormones				Note scores or abnormal findings here
Blood Test: Estrogen				
Blood Test: Progesterone				
Blood Test: Testosterone				
Blood Test: DHEA				
Blood Test: Pregnenalone				
24-Hour Comprehensive Steroid Panel (Meridian, Genova)				
DIUTCH Test				
Saliva Hormones				
Saliva: Estrogen				
Saliva: Progesterone				
Saliva: Testosterone				
Saliva: DHEA				
Saliva: LH				
Saliva: FSH				
Cycle Mapping				
Symptoms and Body Signs				Blank = absent, 1 = mild, 2 = moderate, 3 = severe
Breast swelling, lumps, or discharge				
Pelvic swelling				
Vaginal discharge				
Vaginal bleeding				
Pelvic pain				
TOTAL Sex Hormones				
Organs and Body Systems				Note scores or abnormal findings here
Kidney Panel (see lab results handout)				
Liver Panel (see lab results handout)				
Electrolytes (see lab results handout)				
Lipid Panel (see lab results handout)				
NOTICE: The information contained here-in is not to be construed as medical advice. This is an educational program designed to empower you to take charge of your own health and learn to understand the signs your body is giving you. The responsibility for the consequences of your use of any suggestion or procedure described hereafter lies not with the authors, publisher or distributors of this program. This is not intended as medical diagnosis or health advice. To give you a full interpretation would require a comprehensive assessment. We recommend consulting with a licensed health professional before changing your diet or supplementation program. Except for personal use, no part of this program may be reproduced or distributed, in any form or by any means, electronic, mechanical, photocopying, or otherwise, without prior written permission from Dr. Ritamarie Loscalzo				