

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					