



My Lab Results Over Time™

Keep important results together so you can notice changes and discuss the overall pattern.

Name: _____

Healthcare Provider: _____

Test or Marker	Date	Result	Date	Result	Date	Result

Use the units shown on each report. Different laboratories may use different units or reference ranges.

What I Notice

Results that changed: _____

Symptoms or health changes around the same time: _____

Questions I want to ask: _____

At My Next Appointment

☐ Bring copies of recent reports

☐ Ask how the results compare over time

☐ Confirm what should be monitored

Keep in Mind

A trend may be useful, but numbers need context. Your healthcare provider can help interpret them alongside your symptoms and history.

Gentle Reminder

One result is only one moment in time.

Avoid changing medications or supplements based on this tracker alone.

Martine's Midlife Wellness Tip

Update this page when you receive new results.

A few minutes now can save a lot of searching later.