

# Thyroid Health Tracker

Track your TSH, T3, T4 and symptoms over time — by Sonya M., CLS

■ This guide is for educational purposes only. Always consult your healthcare provider before making medical decisions.

## Understanding Your Thyroid Labs

Your thyroid gland regulates your metabolism, energy, weight, and mood. Regular monitoring helps you and your doctor optimize your thyroid health.

- TSH (Thyroid Stimulating Hormone): 0.4–4.0 mIU/L standard range; many functional practitioners prefer 1.0–2.0
- Free T4: 0.8–1.8 ng/dL — storage form of thyroid hormone
- Free T3: 2.3–4.2 pg/mL — active form that cells use
- Reverse T3: 9.2–24.1 ng/dL — inactive form
- TPO Antibodies: < 35 IU/mL — elevated suggests Hashimoto's

## Hypothyroid Symptoms Checklist

Track these symptoms monthly (rate 0–3: 0=none, 1=mild, 2=moderate, 3=severe):

- Fatigue and low energy
- Weight gain despite normal eating
- Cold intolerance
- Hair thinning or loss
- Brain fog or memory problems
- Constipation
- Depression or low mood
- Dry skin and brittle nails
- Slow heart rate

## Hyperthyroid Symptoms Checklist

- Anxiety or nervousness
- Heart palpitations or rapid heartbeat
- Weight loss despite normal/increased appetite
- Heat intolerance and sweating
- Tremors (shaky hands)

- Difficulty sleeping
- Frequent bowel movements

## Lifestyle Factors That Affect Thyroid

- Iodine: Essential for thyroid hormone production (seafood, dairy, iodized salt)
- Selenium: Supports T4 to T3 conversion (Brazil nuts, fish)
- Stress: High cortisol can suppress thyroid function
- Sleep: Poor sleep disrupts thyroid hormone regulation
- Gluten: Some Hashimoto's patients feel better gluten-free
- Medications: Iron, calcium, and antacids can interfere with thyroid medication absorption

## My Thyroid Lab Log

Use this section to track your results at each appointment:

- Date: \_\_\_\_\_ TSH: \_\_\_\_\_ Free T4: \_\_\_\_\_ Free T3: \_\_\_\_\_
- Date: \_\_\_\_\_ TSH: \_\_\_\_\_ Free T4: \_\_\_\_\_ Free T3: \_\_\_\_\_
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