

Laboratory Results Tracker

Record important test trends over time

Why track trends

For chronic conditions, the direction of change can be more informative than one isolated result. Record the date, value, unit and any treatment change.

Date	Test	Result	Reference / target	Treatment or note

Reference ranges vary by laboratory. Do not compare values without checking units and clinical context.

Important: This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.