

Biomarker Tracking Worksheet

Record and trend your lab results across multiple tests over time

Track Your Results Over Time

Record your biomarker results across multiple tests to identify trends. Trends matter more than any single data point.

METABOLIC MARKERS

MARKER	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	TREND
Fasting Insulin					
HbA1c					
Fasting Glucose					
HOMA-IR					
ApoB					
LDL-C					
HDL-C					
Triglycerides					
hs-CRP					

HORMONES

MARKER	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	TREND
Total Testosterone					
Free Testosterone					
SHBG					
Estradiol					
TSH					
Free T4					
Free T3					

MARKER	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	TREND
DHEA-S					

MICRONUTRIENTS & ORGAN

MARKER	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	DATE: __/__/__	TREND
Vitamin D					
Ferritin					
RBC Magnesium					
B12					
Homocysteine					
GGT					
eGFR					

HOW TO READ TRENDS

- Improving: Moving toward optimal range across 2+ tests
- Stable: Staying within optimal range — maintain current approach
- Worsening: Moving away from optimal — investigate and intervene
- Volatile: Large swings between tests — may indicate testing variability or acute factors

Medical Disclaimer: This document is for educational purposes only and does not constitute medical advice. Consult a qualified healthcare provider before making changes to your health regimen. Visit iqhealthspan.com for the full interactive versions of these tools.