

Functional Medicine University  
**BLOOD TEST TRACKING FORM**  
 (Adult Ranges)

Date: \_\_\_\_\_

Patient's Name: \_\_\_\_\_

Clinical Notes:

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Practitioner: \_\_\_\_\_

**COMPLETE BLOOD COUNT WITH DIFFERENTIAL**

ANALYTE	TEST RESULT	REF. RANGE	HIGH/LOW	OPTIMAL RANGE	HIGH/LOW
WBC		3.8-10.8		5-8 thous/MCL	
RBC		3.8-5.10		Male: 4.1-5.6 MILL/MCL Female: 3.9-4.5	
HEMOGLOBIN		11.7-15.5		Male: 14.0-15.5 g/dL Female: 13.5-14.5	
HEMATOCRIT		35-45		Male: 40-48 % Female: 37-44%	
MCV		80-100		82-89.9 cu. microns	
MCH		27-33		27-31.9 PG	
MCHC		32-36		32-36 G/DL	
RDW		11.0-15.0		<13.0 %	
PLATLETS		140-400		140-400 thous/MCL	
MPV		7.5-11.5		7.5-11.5 FL	
ABS. LYMPHOCYTES		850-3900		1500-3900 cells/MCL	
NEURTOPHILS		40-74		40-60 %	
LYMPHOCYTES		14-46		24-44 %	
MONOCYTES		4-13		0-7 %	
EOSINOPHILS		0-7		0-3 %	
BASOPHILS		0-3		0-1 %	

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**COMPREHENSIVE METABOLIC PANEL**

ANALYTE	TEST RESULT	REF.RANGE	HIGH/LOW	OPTIMAL RANGE	HIGH/LOW
GGT		5-35		10-30 U/L	
LDH		100-200		140-200 U/L	
AST (SGOT)		3-35		10-30 U/L	
ALT (SGPT)		3-40		10-30 U/L	
ALK PHOS		20-125		70-100 U/L	
TOT. BILIRUBIN		0.2-1.3		0.2-1.3 mg/dL	
DIRECT BIL.		0.0-0.2		0.0-0.2 mg/dL	
INDIRECT BIL.		0.1-1.0		0.1-1.0 mg/dL	
TOT. PROTEIN		6.0-8.3		6.6-7.4 g/dL	
ALBUMIN		3.5-4.9		4.0-4.9 g/dL	
GLOBULIN		2.3-3.4		2.4-2.8 g/dL	
A/G RATIO		0.8-2.0		1.5-2.0	
GLUCOSE		65-99		80-95 mg/dL	
HGB A1c		<5.9		<5.0 %	
BUN		7-25		10-15 mg/dL	
CREATININE		0.5-1.3		0.8-1.1 mg/dL	
BU/CR RATIO		6-25		10-16	
URIC ACID		Male: 3.4-7.0 Female: 2.4-6.0		Male: 3.5-5.9 mg/dL Female: 3.0-5.5 mg/dL	
CALCIUM		8.5-10.4		9.4-10.0 mg/dL	
PHOSPHORUS		2.5-4.5		3.4-4.0 mg/dL	
SODIUM		135-146		135-142 mmol/L	
POTASSIUM		3.5-5.3		4.0-4.5 mmol/L	
CHLORIDE		98-110		100-106 mmol/L	
CO2		21-33		26-31 mmol/L	
ANION GAP		8-16		8-12 mmol/L	

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**LIPID PANEL**

ANALYTE	TEST RESULT	REF.RANGE	HIGH/LOW	OPTIMAL RANGE	HIGH/LOW
CHOLESTEROL		125-200		150-220 mg/dL	
TRIGLYCERIDES		<150		70-100 mg/DL (or 40-60% of total cholesterol)	
HDL		>39		50-60 mg/dL	
LDL		< 100		<100 mg/dL	
Hs-CRP		< 1.0 mg/L Cardiac risk Low: <1.0 Average: 1.0-3.0 High: >3.0		SAME	

**IRON PANEL**

ANALYTE	TEST RESULT	REF.RANGE	HIGH/LOW	OPTIMAL RANGE	HIGH/LOW
IRON		40-175		50-100 ug/dL	
TIBC		250-450		250-350 ug/dL	
% SATURATION		15-50		20-45 %	
FERRITIN		Male: 12-300 Female: 10-150		Male: 20-200 ng/mL Female: 10-110 ng/mL	

**THYROID PANEL**

ANALYTE	TEST RESULTS	REF.RANGE	HIGH/LOW	OPTIMAL RANGE	HIGH/LOW
TSH		0.4-4.5		1.5-3.0 microunits/mL	
TOT. T4		5-12		5-12 mcg/dL	
FREE T4		.8-2.4		.8-2.4 ng/dL	
TOT. T3		60-181		60-181 ng/dL	
FREE T3		230-420		230-420 pg/dL	

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**ADDITIONAL TEST/ANALYTES**

ANALYTE	TEST RESULT	REF.RANGE	HIGH/LOW	OPTIMAL RANGE	HIGH/LOW
VITAMIN D 25-OH		30 Deficient 30-100 Sufficient 100 Toxic		40-65 ng/mL	
eGFR		>60 mL/min/1.73m <sup>2</sup> (<50 mL/min is defined as chronic kidney disease)			

**ASSESSMENT**

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**PLAN**

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Practitioner's Signature: \_\_\_\_\_