VITALS VAULT

FREE GUIDE

Baseline January:
one marker, one change

A simple 31-day plan. Pick one number you want to understand, make one change you can keep, and set one date to check again.

MY ONE MARKER

The marker I picked _____

My latest result and date _____

Why this one matters to me _____

MY ONE CHANGE

The single habit I will change _____

When in the day I will do it _____

What might get in the way _____

31 DAYS: TICK EACH DAY YOU DID IT

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1							
2							
3							
4							
5							

BEFORE I RETEST

- [ ] I asked my clinician how long this marker takes to change.
- [ ] I will use the same lab if I can.
- [ ] I will test at the same time of day.
- [ ] I wrote down anything unusual that week.

MY RETEST

Retest date _____

Who I will share the result with _____

Sources: A planning checklist. How fast a marker changes varies, so agree the retest date with your clinician.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com