VITALS VAULT

FREE GUIDE

Your lab conversation worksheet

Fill this in before your next appointment. It puts your results, dates and questions on one page, so the conversation with your clinician starts where it should.

ABOUT THIS TEST

Date and time of the blood draw _____

Fasting or not, and for how long _____

Lab that ran it _____

Why the test was ordered _____

WHAT WAS GOING ON THAT WEEK

- ☐ I was sick or recovering
- ☐ I slept badly
- ☐ I trained hard the day before
- ☐ I had alcohol the night before
- ☐ I started or stopped a medicine
- ☐ I took supplements that morning
- ☐ I was under unusual stress
- ☐ My period or cycle day mattered

RESULTS I WANT TO TALK ABOUT

Test	This result	Last result and date	My question

QUESTIONS TO ASK

- ☐ Which of these results matter most for me, and why?
- ☐ Could anything I ticked above explain a result?
- ☐ Is any result a change from my own past numbers?
- ☐ What should be repeated, and when?
- ☐ What can I do before the next test?

WHAT WE AGREED

Next step _____

Retest date _____

Sources: A planning worksheet. It does not interpret results.

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