

MY THYROID JOURNAL

Date:

Thyroid Medications: Brand: _____ Dose: _____

Other Medications/Supplements:

My Numbers

Test Name	Date Of Test	Test Results	Comments
TSH			
TPO			
Free T3			
Free T4			
Basal Temperature (Day 1-10)			
Blood Sugar (Fasting)			
Blood Pressure			
Pulse			
Weight			
Cortisol			
Alkaline Phosphatase			
Vitamin D			
Ferritin			
Stool Test			

SUBJECTIVE TRACKING: Symptom scale 1 low 10 high

Drowsiness:	n/a	0	1	2	3	4	5	6	7	8	9	10
Hair Loss:	n/a	0	1	2	3	4	5	6	7	8	9	10
Cold Intolerance:	n/a	0	1	2	3	4	5	6	7	8	9	10
Inability to Lose Wt:	n/a	0	1	2	3	4	5	6	7	8	9	10
Sadness:	n/a	0	1	2	3	4	5	6	7	8	9	10
Mental Fog:	n/a	0	1	2	3	4	5	6	7	8	9	10
Forgetfulness:	n/a	0	1	2	3	4	5	6	7	8	9	10
Joint Pain:	n/a	0	1	2	3	4	5	6	7	8	9	10
Acne:	n/a	0	1	2	3	4	5	6	7	8	9	10
Acid Reflux:	n/a	0	1	2	3	4	5	6	7	8	9	10
Stomach Pain:	n/a	0	1	2	3	4	5	6	7	8	9	10
Morning Fatigue	n/a	0	1	2	3	4	5	6	7	8	9	10
Irritability	n/a	0	1	2	3	4	5	6	7	8	9	10
Palpitations	n/a	0	1	2	3	4	5	6	7	8	9	10
Night Sweats	n/a	0	1	2	3	4	5	6	7	8	9	10
Emotional Lability	n/a	0	1	2	3	4	5	6	7	8	9	10
Weight Loss:	n/a	0	1	2	3	4	5	6	7	8	9	10
Nervousness:	n/a	0	1	2	3	4	5	6	7	8	9	10
Anxiety:	n/a	0	1	2	3	4	5	6	7	8	9	10
Feeling Hot:	n/a	0	1	2	3	4	5	6	7	8	9	10
Trouble Sleeping:	n/a	0	1	2	3	4	5	6	7	8	9	10

MY NOTES AND OBSERVATIONS:

MY CURRENT INTERVENTIONS

- ☐ Selenium 200mcg
- ☐ Biotin/_____
- ☐ Glutamine:_____
- ☐ B12:/_____
- ☐ Low GI Diet
- ☐ Th1/Th2 Stimulants
- ☐ Gluten Free
- ☐ Dairy Free
- ☐ Soy Free
- ☐ Fermented Foods
- ☐ Acupuncture
- ☐ Probiotics
- ☐ Adaptogens
- ☐ _____

- ☐ Coconut Kefir
- ☐ Betaine/Pepsin
- ☐ Digestive Enzymes
- ☐ Licorice
- ☐ FODMAPs/Low Residue
- ☐ Green Smoothie
- ☐ Acupuncture
- ☐ Paleo Diet
- ☐ Homemade Broth
- ☐ Gelatin
- ☐ Grain Free
- ☐ Egg Free
- ☐ Tomato Free
- ☐ _____

- ☐ Zinc 30mg
- ☐ Vitamin A Rich Juices
- ☐ Antibiotic
- ☐ Body Ecology
- ☐ Sugar Free
- ☐ Vitamin D3
- ☐ Omega 3 FA
- ☐ Iodine Restriction
- ☐ Stopping Estrogens
- ☐ Parasite Cleanse
- ☐ Liver Cleanse
- ☐ Anatabine
- ☐ Curcumin
- ☐ _____

MY NOTES AND OBSERVATIONS:

MY NEXT INTERVENTION
