Hormone panel: a two-date recording sheet

For anyone comparing two hormone tests, for example around perimenopause. Copy each result exactly as the report prints it. This sheet is for recording only: it does not interpret results.

1. The two tests

	Test 1	Test 2
Date and time collected		
Cycle day, if known		
How the cycle day was worked out		
Lab		
Specimen		
Hormonal medicines or contraception at the time		

2. Results, as printed

Date	Cycle day	Test name as printed	Specimen	Value	Unit	Lab interval, as printed

Copy the whole interval, including every phase the lab lists. Write “none printed” if there is none.

3. Questions for my clinician