Two reports, one timeline

For coaches and athletes. Record what each report printed before you compare. Read each result against the interval its own lab printed.

1. The two reports

	Report 1	Report 2
Lab		
Date collected		
Time collected		
Fasting?		
Specimen		
Unit system		
Hard training or racing in the 48 h before?		
Illness or infection in the 2 weeks before?		
Supplements or medicines (including biotin)		

2. Results, as printed

Marker	R1 value	R1 unit	R1 lab interval	R2 value	R2 unit	R2 lab interval	Same unit?	Missing context

3. Missing context

☐ Different labs or methods ☐ Different units ☐ Different time of day ☐ Fasting not stated

☐ Training in the 48 h before not recorded ☐ No interval printed ☐ Name differs between reports

4. Questions for your clinician

This sheet does not interpret results and is not medical advice. Take it to your clinician. Read a report free, without an account: lifefrom.ai/read/blood-test