Thyroid test tracker

An original, printable worksheet | no PHI fields

Version	1.0	Publication date	20 November 2026
Last clinically reviewed	20 November 2026	Clinical reviewer	Dr. Eduardo Jacques
Privacy	No PHI fields, uploads or storage	Status	Clinically reviewed for publication

General health information only. This guide does not diagnose a condition or replace an assessment by a qualified clinician.

Use a private copy for your own notes. Do not send this worksheet to the clinic through an unapproved channel. Bring it to an appointment only if you choose.

Record the laboratory report exactly as provided; do not interpret a number from this worksheet alone.

Date label	Test name	Result / reference interval	Question for visit

Context to discuss

- Symptoms and when they changed.
- Pregnancy, fertility, postpartum or menstrual context when relevant.
- Medication, supplement, biotin, calcium, iron, antacid and acid-suppressing product use.
- Past thyroid surgery, radioiodine, neck radiation, autoimmune disease or family history.

Sources opened and checked 20 November 2026

Canadian Task Force thyroid dysfunction: https://canadiantaskforce.ca/guidelines/published-guidelines/asymptomatic-thyroid-dysfunction/

Canadian Task Force clinician FAQ: https://canadiantaskforce.ca/wp-content/uploads/2024/06/CTFPHC_Thyroid-Dysfunction_Clinican-FAQ_BW_Final_2024.pdf

CMAJ / PubMed screening guideline: https://pubmed.ncbi.nlm.nih.gov/31740537/

HealthLink BC hypothyroidism: https://www.healthlinkbc.ca/healthwise/hypothyroidism

HealthLink BC thyroid hormone tests: https://www.healthlinkbc.ca/healthwise/thyroid-hormone-tests

Thyroid Foundation of Canada information package: https://thyroid.ca/wp-content/uploads/2023/06/TFC-Information-Package-1.pdf

Government of Canada postpartum care:
https://www.canada.ca/en/public-health/services/publications/healthy-living/maternity-newborn-care-guidelines-chapter-5.html

Ontario OHIP coverage: https://www.ontario.ca/page/what-ohip-covers

Ontario medication coverage: https://www.ontario.ca/page/medication-coverage-results

Ontario Health811: https://www.ontario.ca/page/your-health

American Thyroid Association adult hypothyroidism: https://www.thyroid.org/hypothyroidism/

American Thyroid Association hormone treatment: https://www.thyroid.org/thyroid-hormone-treatment/

American Thyroid Association pregnancy guideline resource: https://www.thyroid.org/association-guidelines-management/

USPSTF thyroid screening: https://www.uspreventiveservicestaskforce.org/uspstf/index.php/recommendation/thyroid-dysfunction-screening

NICE NG145: https://www.nice.org.uk/guidance/ng145

NHS underactive thyroid: https://www.nhs.uk/conditions/underactive-thyroid-hypothyroidism/

European Thyroid Association levothyroxine guideline: https://pubmed.ncbi.nlm.nih.gov/40622204/

ATA hypothyroidism booklet: https://www.thyroid.org/wp-content/uploads/patients/brochures/Hypothyroidism_web_booklet.pdf