

Lab Monitoring Frequency Tracker

Helps patients stay on top of routine and situation-based lab work

Why this matters

Regular lab monitoring helps identify rising triglycerides early and reduces the risk of acute events.

Common labs for FCS

- » Triglycerides (TG)
- » Lipid panel
- » Liver function tests (if on medication)
- » Other labs as recommended by your care team

Lab Monitoring Frequency Tracker

Lab Monitoring Frequency Tracker	Lab Monitoring Frequency Tracker	Lab Monitoring Frequency Tracker	Result	Next Due
Triglycerides	<input type="checkbox"/> Monthly <input type="checkbox"/> Quarterly <input type="checkbox"/> Other			
Lipid Panel	<input type="checkbox"/> Quarterly <input type="checkbox"/> Annually			
Liver Enzymes	<input type="checkbox"/> As advised			
Other: _____				

Helpful tips

- » Increase monitoring during illness, stress, or dietary changes
- » Bring this tracker to appointments or ER visits
- » Ask your provider what changes should trigger extra testing