



TALK TO SOMEONE WHO'S BEEN THERE!

GENERAL INSTRUCTIONS:

- Ask your healthcare team about your goal for each item. Write it in the "Goal" column. Record the date(s) you are tested and the results. If your numbers are not on goal, ask your healthcare provider how you can improve them. See "Understanding Your Numbers" for information about each test.

KNOW YOUR NUMBERS (STAGES 1-4 CKD)

	GOAL	RECORD YOUR RESULTS							
DATE OF TEST									
A1C (Blood Glucose)									
Blood Pressure									
Calcium									
Total Cholesterol									
HDL Cholesterol									
LDL Cholesterol									
Triglycerides									
Creatinine Clearance									
GFR									
Hemoglobin									
Parathyroid Hormone (PTH)									
Phosphorus									
Potassium									
Serum Creatinine									
Serum Ferritin									
TSAT									
Urine Albumin (ACR)									
Vitamin D									
Weight									