HERITAGE HAVENS

NUTRITION & PEPTIDE WELLNESS COHORT

Biomarker Tracking Worksheet

Track your labs at Month 1, Month 3, and Month 6

Nutrition & Peptide Wellness Cohort · Month 1

This worksheet is your personal lab record throughout the 6-month cohort. Bring printed or digital copies of your bloodwork results to Sessions 1, 3, and 6. Tracking trends over time is far more valuable than any single result in isolation.

How to Use This Worksheet

- Fill in your lab values in the corresponding month column after each draw
- Use the 'Optimal Range' column as your target — not just lab reference ranges
- Note any symptoms, medications, or lifestyle changes in the notes section
- Bring this worksheet to every session so your practitioner can review trends
- Asterisk (*) any value outside the optimal range to prioritize in your protocol

CORE METABOLIC MARKERS

Blood Sugar & Insulin

Insulin resistance is the root of most metabolic disease. These markers reveal how well your body manages blood sugar — and whether fat burning is accessible to you.

Marker	Optimal Range	Month 1	Month 3	Month 6	Your Notes
Fasting Glucose	70–85 mg/dL				*Trending high = insulin resistance*
Fasting Insulin	2–6 µIU/mL				*Most labs don't flag until >25*
HbA1c	4.5–5.2%				*3-month blood sugar average*
HOMA-IR	< 1.0				*Calculate: (glucose x insulin) / 405*

Lipid Panel & Cardiovascular Markers

Standard lipid panels often miss the most important cardiovascular risk markers. Total cholesterol alone is not a useful number — context and ratios matter.

Marker	Optimal Range	Month 1	Month 3	Month 6	Your Notes
Total Cholesterol	150–220 mg/dL				*Context matters more than total*
HDL Cholesterol	> 60 mg/dL				*Higher is better — protective*

Marker	Optimal Range	Month 1	Month 3	Month 6	Your Notes
LDL Cholesterol	< 100 mg/dL				*Pattern B (small dense) is the risk*
Triglycerides	< 80 mg/dL				*Best single marker for insulin resistance*
Trig : HDL Ratio	< 2.0				*Calculate yourself — powerful metric*
hsCRP	< 1.0 mg/L				*Systemic inflammation marker*
Homocysteine	< 8 µmol/L				*Methylation & cardiovascular risk*
ApoB	< 80 mg/dL				*Best LDL particle risk marker*

HORMONAL MARKERS

Thyroid Panel

A basic TSH test alone misses thyroid dysfunction in many women. Insist on a full panel including Free T3 and Free T4 at minimum.

Marker	Optimal Range	Month 1	Month 3	Month 6	Your Notes
TSH	0.5–2.0 mIU/L				*Lab range is wide — optimal is narrow*
Free T3 (fT3)	3.2–4.4 pg/mL				*Active thyroid hormone — often low*
Free T4 (fT4)	1.1–1.8 ng/dL				*Conversion to T3 can be impaired*
Reverse T3 (rT3)	< 15 ng/dL				*High rT3 blocks T3 receptor sites*
TPO Antibodies	< 35 IU/mL				*Elevated = autoimmune (Hashimoto's)*

Sex Hormones & Adrenals

Marker	Optimal Range	Month 1	Month 3	Month 6	Your Notes
Estradiol (E2)	Cycle-dependent				*Day 3 and Day 21 are key timepoints*
Progesterone	Cycle-dependent				*Low progesterone = estrogen dominance*
Testosterone (total)	50–100 ng/dL (F)				*Low T = fatigue, low motivation*
DHEA-S	125–380 µg/dL (F)				*Adrenal reserve and hormone precursor*
Cortisol (AM)	10–18 µg/dL				*Best drawn before 9am fasted*
SHBG	40–120 nmol/L (F)				*High SHBG lowers free testosterone*

NUTRITIONAL MARKERS

Key Micronutrients

Micronutrient deficiencies are widespread and rarely caught without testing. These are the nutrients most commonly low in the women we work with.

Marker	Optimal Range	Month 1	Month 3	Month 6	Your Notes
Vitamin D (25-OH)	50–80 ng/mL				*Most people are below 40 ng/mL*
Vitamin B12	500–900 pg/mL				*Lab 'normal' starts at 200 — too low*
Ferritin	50–100 ng/mL				*Most common deficiency in women*
Magnesium (RBC)	5.6–6.8 mg/dL				*Serum magnesium is not useful*
Zinc	90–130 µg/dL				*Critical for immune + hormone function*
Folate (RBC)	> 400 ng/mL				*Methylation support*

INFLAMMATORY MARKERS

Gut, Liver & Inflammation

Marker	Optimal Range	Month 1	Month 3	Month 6	Your Notes
ALT (liver enzyme)	< 25 U/L				*Elevated = liver congestion / fatty liver*
AST	< 25 U/L				*Track ratio to ALT*
GGT	< 20 U/L				*Sensitive marker for oxidative stress*
hsCRP	< 1.0 mg/L				*Appears in lipid panel above — recheck*
Uric Acid	3.5–5.5 mg/dL				*Elevated with fructose, purine overload*
Complete CBC	Within range				*White cell differential for immune status*

BODY COMPOSITION

Monthly Measurement Log

The scale alone tells an incomplete story. Track these measurements monthly to capture body recomposition that weight alone will never show.

Measurement	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6
Scale Weight (lbs)						
Waist (inches)						
Hips (inches)						
Right Upper Arm (inches)						
Left Upper Arm (inches)						
Right Thigh (inches)						
Left Thigh (inches)						
Body Fat % (if tested)						
Lean Mass (lbs, if tested)						
Resting Heart Rate						
Sleep Score (avg)						

SYMPTOM TRACKING

Monthly Symptom Checklist

Rate each symptom on a scale of 0–3 at the start of each month. **0** = none **1** = mild **2** = moderate **3** = severe

Symptom	M1	M2	M3	M4	M5	M6
Fatigue / low energy						
Brain fog / poor concentration						
Poor sleep quality						
Waking at night (2–4am)						
Mood instability / anxiety						
Depression or low motivation						
Bloating / digestive discomfort						
Constipation or loose stools						
Joint or muscle pain						
Skin issues (acne, eczema, rashes)						
Hair loss or thinning						
Weight gain or inability to lose						
Hormonal symptoms (PMS, hot flashes)						
Low libido						
Cold intolerance						
Heart palpitations						
Headaches						
Food cravings (sugar, salt)						

NOTES

Session Notes & Observations

Session 1 Notes

Session 2 Notes

Session 3 Notes