

THYROID HEALTH BINDER PACK

A personal system for organizing health information

MY THYROID HEALTH BINDER

Use this pack to file records and keep companion worksheets together.

BINDER BELONGS TO:

DATE STARTED:

LAST UPDATED:

HOW TO USE THIS PACK

1. File current records and completed companion printables behind the relevant section page.
2. Use the index, checklist, contacts, dates, and timeline pages to keep information easy to find.
3. Bring only the pages you choose to appointments; this pack does not interpret health information.

ORGANIZATION ONLY

This binder helps organize personal health information. It does not diagnose, interpret laboratory results, recommend treatment, or tell you to change medication.

Binder Spine Labels

Choose, cut, or copy a label for the physical binder

Select the label that fits your binder. The last label is blank for your own wording.

THYROID HEALTH

HEALTH RECORDS

APPOINTMENTS & LABS

MEDICATIONS & NOTES

MY HEALTH BINDER

CUSTOM:

Index & Section Guide

Write a tab, page number, or storage location for each section

Use this page as a quick map. File the companion printables behind the section that fits.

SECTION	KEEP HERE	LOCATION / PAGE
Personal timeline	Dates and major health events	
Contacts	Clinicians, pharmacies, laboratories, and other useful contacts	
Important dates	Appointments, laboratory dates, renewals, and reminders	
Medication & supplements	Medication reference pages and related records	
Lab results	Laboratory reports and lab tracker pages	
Appointments	Appointment planner pages and visit notes	
Symptoms & wellness	Symptom, wellness, and food-observation pages	
Questions & notes	Loose questions, notes, and filing reminders	

Document Checklist

Keep track of records and completed pages filed in the binder

Check an item when it has been filed. Add a date or location if helpful.

DOCUMENT / RECORD	DATE ADDED	LOCATION / NOTES
Recent laboratory reports ☐		
Medication list or medication tracker ☐		
Appointment notes or after-visit paperwork ☐		
Symptom or wellness journal pages ☐		
Food observation pages ☐		
Referrals or test paperwork ☐		
Care instructions or handouts ☐		
Other: ☐		

Healthcare Contacts

Keep useful contact information in one place

Record only the contact details you choose to keep in this binder

PRIMARY CARE CLINICIAN

NAME / ORGANIZATION:

PHONE / PORTAL:

NOTES / CONTACT DETAILS:

ENDOCRINOLOGY / THYROID CLINICIAN

NAME / ORGANIZATION:

PHONE / PORTAL:

NOTES / CONTACT DETAILS:

PHARMACY

NAME / ORGANIZATION:

PHONE / PORTAL:

NOTES / CONTACT DETAILS:

LABORATORY / IMAGING

NAME / ORGANIZATION:

PHONE / PORTAL:

NOTES / CONTACT DETAILS:

OTHER CONTACT 1

NAME / ORGANIZATION:

PHONE / PORTAL:

NOTES / CONTACT DETAILS:

OTHER CONTACT 2

NAME / ORGANIZATION:

PHONE / PORTAL:

NOTES / CONTACT DETAILS:

OTHER CONTACT 3

NAME / ORGANIZATION:

PHONE / PORTAL:

NOTES / CONTACT DETAILS:

OTHER CONTACT 4

NAME / ORGANIZATION:

PHONE / PORTAL:

NOTES / CONTACT DETAILS:

Important Dates

Record dates you may want to find again

Use your own wording. This page records history; it does not interpret what events mean.

DATE	EVENT / REASON	NOTES / FOLLOW-UP

Personal Health Timeline

A neutral record of dates, changes, and source notes

Use your own wording. This page records history; it does not interpret what events mean.

DATE / PERIOD	WHAT HAPPENED OR CHANGED	SOURCE / NOTES

Personal Health Timeline – Continued

A neutral record of dates, changes, and source notes

Use your own wording. This page records history; it does not interpret what events mean.

DATE / PERIOD	WHAT HAPPENED OR CHANGED	SOURCE / NOTES

Medication & Supplements

File the Thyroid Medication Tracker and related medication records behind this page

Use this page as a divider. File the relevant companion printables and records behind it.

MEDICATION & SUPPLEMENTS

File the Thyroid Medication Tracker and related medication records behind this page

SECTION NOTES:

WHAT TO FILE HERE

Keep the matching printable worksheets, reports, and personal notes together behind this divider.

Lab Results

File laboratory reports and the Thyroid Lab Results Tracker behind this page

Use this page as a divider. File the relevant companion printables and records behind it.

LAB RESULTS

File laboratory reports and the Thyroid Lab Results Tracker behind this page

SECTION NOTES:

WHAT TO FILE HERE

Keep the matching printable worksheets, reports, and personal notes together behind this divider.

Appointments, Symptoms & Wellness

A set of section markers for companion printables

Use these markers to separate appointment, symptom, wellness, and food-observation pages.

APPOINTMENTS

File appointment planners, visit notes, and follow-up papers here.

SECTION MARKER

SYMPTOMS & WELLNESS

File symptom trackers and wellness journals here

SECTION MARKER

FOOD & OBSERVATIONS

File food-observation pages and pattern-review notes here

SECTION MARKER

Questions & Notes

A blank page for questions, filing notes, and personal reminders

QUESTIONS TO BRING TO AN APPOINTMENT



GENERAL NOTES / FILING NOTES

