



# HIV Labs Tracking Worksheet

Print this PDF and bring it with you on your next visit to your health care professional. Fill it out as appropriate (you can put an N/A in columns that don't apply to you). Then, store the printout in your **Personal Health Folder** so you can update it and track your progress over time.

	Viral Load	CD4	Lipids		Blood Sugar	
	HIV RNA (copies/mL)	Count (cells/mm <sup>3</sup> )	HDL cholesterol (mg/dL)	Total cholesterol (mg/dL)	Triglycerides (mg/dL)	Blood sugar (mg/dL)
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