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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^3)	**HDL cholesterol** (mg/dL)	**Total cholesterol** (mg/dL)	**Triglycerides** (mg/dL)	**Blood sugar** (mg/dL)
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