### Blood Test & Urinalysis

During Week 1 of the Wellness Revolution, we conducted a thorough Health and Wellbeing Review. As part of this assessment, you were asked to complete both a blood test and urinalysis. To aid you in keeping a tangible record of your results, we have provided this worksheet. While these results will also be documented in the Wellbeing Ledger, having a physical copy allows for easy reference and monitoring of your progress.

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| Blood Test | Measure | Description | Expected Level | Your Level |
| Red Blood Cells (RBCs) |  |  |  |  |
| Haemoglobin (Hb) | The protein that carries oxygen in red blood cells. |  |  |
| Haematocrit (Hct) | The proportion of blood volume occupied by red blood cells. |  |  |
| White Blood Cells (WBCs) |  |  |  |  |
| Total White Blood Cell Count (WBC) | The total number of white blood cells, which are involved in immune responses. |  |  |
| Platelet Count | The number of platelets, which are essential for blood clotting |  |  |
| Neutrophils | A type of white blood cell involved in fighting bacterial infections. |  |  |
| Lymphocytes | A type of white blood cell that plays a role in immune responses. |  |  |
| Monocytes | White blood cells that help in the cleanup of dead cells and debris. |  |  |
| Eosinophils | White blood cells that are involved in allergic reactions and parasitic infections. |  |  |
| Basophils | White blood cells that release substances during allergic responses. |  |  |
| Basic Metabolic Panel (BMP) |  |  |  |  |
| Blood Glucose (Glucose) | The level of sugar (glucose) in the blood. |  |  |
| Blood Urea Nitrogen (BUN) | A waste product that reflects kidney function. |  |  |
| Creatinine | A waste product that also reflects kidney function. |  |  |
| Electrolytes |  |  |  |  |
| Sodium (Na) | Helps maintain fluid balance and nerve function. |  |  |
| Potassium (K) | Important for heart and muscle function. |  |  |
| Chloride (Cl) | Helps maintain fluid balance. |  |  |
| CO2 (Bicarbonate) | Reflects acid-base balance in the body. |  |  |
| Liver Function Tests (LFTs |  |  |  |  |
| Total Protein | Measures the total amount of protein in the blood. |  |  |
| Albumin | A protein important for maintaining fluid balance. |  |  |
| Total Bilirubin | Reflects the breakdown of red blood cells. |  |  |
| Alanine Aminotransferase (ALT) and Aspartate Aminotransferase (AST) | Enzymes that can indicate liver damage. |  |  |
| Alkaline Phosphatase (ALP) | An enzyme related to bone health and liver function. |  |  |
| Lipid Profile |  |  |  |  |
| Total Cholesterol | Measures the total amount of cholesterol in the blood. |  |  |
| High-Density Lipoprotein (HDL) Cholesterol | “Good" cholesterol that helps remove excess cholesterol from the body. |  |  |
| Low-Density Lipoprotein (LDL) Cholesterol | "Bad" cholesterol that can contribute to plaque buildup in arteries. |  |  |
| Triglycerides | A type of fat that circulates in the blood. |  |  |
| Thyroid Functioning Test |  |  |  |  |
| Thyroid-Stimulating Hormone (TSH) | Measures thyroid function. |  |  |
| Free T4 (Thyroxine) | Measures the active thyroid hormone. |  |  |
| Colour and Appearance |  | The colour of urine can provide insights into hydration and potential health issues. Clarity or turbidity indicates the presence of particles or debris. |  |  |
| Specific Gravity |  | Measures the concentration of particles in urine and reflects hydration levels. |  |  |
| pH Levels |  | Measures the acidity or alkalinity of urine. |  |  |
| Protein |  | Presence of protein in urine can indicate kidney damage or other conditions |  |  |
| Glucose |  | Presence of glucose in urine may suggest diabetes or other metabolic disorders. |  |  |
| Ketones |  | Presence of ketones in urine may indicate a state of ketosis, often seen in uncontrolled diabetes or fasting. |  |  |
| Blood |  | Presence of blood in urine (haematuria) can indicate various conditions, such as infections, kidney stones, or bladder issues. |  |  |
| Bilirubin |  | Presence of bilirubin in urine may suggest liver problems. |  |  |
| Urobilinogen |  | Measures the breakdown product of bilirubin and can provide insights into liver function. |  |  |
| Nitrites |  | Presence of nitrites in urine may indicate a urinary tract infection (UTI). |  |  |
| Leukocyte Esterase |  | Presence of leukocyte esterase in urine may suggest the presence of white blood cells and infection. |  |  |
| Microscopic Examination |  | Microscopic evaluation of urine sediment can identify red blood cells, white blood cells, crystals, and other cellular elements. |  |  |