

cancer.com *Blood Count Tracker: Keep track of your blood counts.*

Keeping track of your blood counts during treatment is very important. It's a great way to partner with your healthcare team and to stay on top of your condition during your treatment. See the sample Complete Blood Count (CBC) Test below for your reference.

Print this tracker and fill it out. Make copies for as many weeks as your doctor feels you'll receive treatment. Take a copy with you to each visit so that you may record your blood count information as it is reported to you.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Date:	__ / __ / __	__ / __ / __	__ / __ / __	__ / __ / __	__ / __ / __	__ / __ / __
Red Blood Count						
Hemoglobin (Hb)						
Hematocrit (HCT)						
Platelets						
White Blood Count						

Sample CBC Test

This person's red blood count, hemoglobin level, and hematocrit are below the normal range.

If your results are lower or higher than normal, your results will appear in this column.

Test	Results	Low/High	Units	Normal Ranges*	
				Male Ranges	Female Ranges
Red Blood Count		3.25(L)	$\times 10^{12}/L$	4.7-6.1	4.2-5.4
Hemoglobin (Hb)		10.8(L)	g/dL	14.0-17.0	12.0-15.0
Hematocrit (HCT)		31.1(L)	%	41.0-50.0	36.0-44.0
Platelets	302		$\times 10^9/L$	150-400	150-400
White Blood Count	7.2		$\times 10^9/L$	4.5-10	4.5-10

*Source: Chemocare. Normal ranges may vary by individual laboratories