

# Know your numbers

## Worksheet for patients with Iron Deficiency Anemia

Know your hemoglobin and ferritin levels and target levels you want to work towards. Discuss this with your health care provider. Write these numbers in the table below.

My target hemoglobin: \_\_\_\_\_

My target ferritin: \_\_\_\_\_

### Table to track your hemoglobin and iron levels

| Date | Hemoglobin (g/L) | Serum ferritin (ug/L ) | Symptoms - How you feel | Treatment |
|------|------------------|------------------------|-------------------------|-----------|
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